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August 2003

Daily Egyptian 2003

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8-20-2003

## The Daily Egyptian, August 20, 2003

Daily Egyptian Staff

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Volume 89, Issue 3

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# LEADING by example

*A first time student far from home confronts matters onto his own wheels*

story by MOUSTAFA AYAD



James Maloney is a leader. He was vice president of student government and became president at Black Hawk College in Moline. He represented students as the student trustee for the Black Hawk district.

He presided over a chair for the Illinois Community College Board Student Advisory Committee, where he worked at a state level as well as with the most prestigious and highest of all educational boards in the state, the Illinois Board of Higher Education.

"I fill up my time doing stuff for other people," Maloney said with a grin. "I don't know how to explain it."

And he does all of it on four wheels. Maloney has cerebral palsy, a medical condition that affects control over a person's muscles. Children and adults who have cerebral palsy may be unable to walk, talk or eat. It is caused by injury to the brain before, during or shortly after birth.

"Because I have CP and needed others' assistance with my life, the only way of giving back was helping others," he said. "And it's useful when working in disability services and social services because you have to know your resources."

Talking with Maloney gives an impression on just how well versed he is in helping a variety of people, which he attributes to his training in various fields of volunteer work as well as professional social services training. But there was something missing from his life.

Relying on his family for assistance, something that Maloney has tried to shake, prompted his pilgrimage to Carbondale, and it has opened his eyes.

This is Maloney's first year away from home. The junior transfer

from Black Hawk College moved in Monday morning. When most freshmen were still at home, Maloney was training for college.

"It is essential to learn communication skills and be open to other people," Maloney said, referring to getting acclimated with the college environment. "People have questions about disabilities. Some people say it's none of their business. Why this? And Why that? But answering those questions is essential to breaking down barriers and stereotypes. "Everybody who is born has a disability to some degree. A lot of disabilities are unseen."

Communication is the key to Maloney's success. Wherever he goes, he plans on making an impression, whether it's Moline or Rock Island where he was born. Maloney's secret is being able to talk, but listen too.

"If you are open it makes them more comfortable," Maloney said. "Because if you're not open it makes people afraid to interact with you, because they don't know how to interact."

Twenty-three-year-old Maloney comes from a family a five where he is the youngest, although his baby face never less on that he's day over 20. His two older brothers, both adopted, are 34 and 41.

After moving things into his dorm room at Thompson Point, he felt pretty comfortable, but after a quick realization that the crowds were yet to come, Maloney knew he had work ahead.

The transitions program has played an essential and crucial role in Maloney's attempt at independence, but it only helped him as a stepping-stone to life off.

Rita Van Pelt, coordinator of Disability Support Services, said the

transitions program is essential to each student it reaches. "I can't say enough good," Van Pelt said. "Everyone I have talked to gives credit to the program."

And Van Pelt sees a determination in Maloney that is evident upon first glimpse of him. "I can tell he's going to make it," she said.

A move on Thursday with incoming freshmen would have simply left Maloney lost, he said. Even with the training it has been difficult. Losing track of the winding and confusing tracks from his Thompson Point dorm has caused him to lose his way at least 10 times.

The first-hand instruction and experience Maloney witnessed throughout the week was enough to solidify in his knowledge what was needed of him to succeed in his new endeavor.

"If you can get your information from somebody first-hand, it's twice as valuable," he said. "It's scary. It would be scary for anybody, because you do not know what to expect."

The Transitions Program lasts the first week of a student's move down to Carbondale. Students are introduced to a variety of representatives from around the campus, including career services, health services, public safety and personal assistants, which help in the everyday life of a student.

Learning all of the ins and outs of his stay in Carbondale was not enough for Maloney, he needed interaction.

Maloney's initial reaction was one of incredible ease. This would be a breeze, he thought. The streets were empty, as were the sidewalks.

But something was missing — students.

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See LEADER, page 10

# SoBig, other viruses invade campus computers

Katie Davis  
 Daily Egyptian

Your details Thank you! Re: Thank you!  
 Re: Details Re: Re: My details  
 Re: Approved Re: Your application  
 Re: Wicked screensaver Re: That movie  
 Common phrases often associated with junk e-mail and spam, these subject headings now carry a more weighted meaning — the sign of a virus that, once opened, sends itself to computers in a user's address book and creates a backdoor, allowing hackers access to personal information.

W32/SoBig, a new version of an old virus released Monday in the United States, made its debut on the SIUC campus sometime Tuesday morning. According to USA Today, the virus first appeared late Monday afternoon in the United States, spreading to Denmark and Norway, and then on to the U.K. and Asia.

It joined MsBlast, also called LoveSan, and MiMail, both of which hit campus about two weeks ago at about the same time students began trickling onto campus.

Charlie Campbell of Information Technology said a machine generates the MiMail worm, though no one knows where

the machine is located or where the worm originated. Campbell said LoveSan and MiMail, which operate similarly to SoBig in that they duplicate themselves through e-mail, have not been found to create backdoors or cause lasting damage to computers.

Laura Morrissey of the Customer Service Center in Morris Library said the LoveSan virus, which addressed itself as adman@siu.edu, shuts down Windows within 60 seconds of connection to either the Internet or a Network.

The virus provides a warning message before closing windows and only affects Windows XP and Windows 2000.

Unlike LoveSan, the SoBig virus provides: to warning that the computer has been infected and disguises itself by using the e-mail address of someone from the address book.

Campbell said that the only way to protect against the virus is to update virus scanners so that they can stop the worm from entering the computer.

Campbell said that though the viruses are not causing lasting damage to computers, they are taking away much of the available bandwidth for campus computers, slowing the network for some and preventing others from logging on.

"This is creating problems for the network," he said. "We've gone through several changes

with the existing network, especially in the residence halls. But now, we can't tell whether or not it's working because of the viruses."

Morrissey said specialists are working to correct the problem, but all they can ask is that people connected to the network get the software to take the virus off of their computers. She also said that just because an individual has not opened the virus, it does not mean that they are not infected.

She said users with infected computers need to clean the viruses from the computer and obtain a patch to fix vulnerability in the Microsoft operating system, both of which they can obtain from the Customer Service Center in Morris Library by pointing their browser to [ftp://ftp.siu.edu/pub/win2k-xp/W32-LOVSAN-FIX](http://ftp.siu.edu/pub/win2k-xp/W32-LOVSAN-FIX) if they are connected to the campus network, or from the Microsoft website, which was almost not an option.

"[LoveSan] tried to create a block to the site where you go to get patched," Morrissey said.

"The virus was created so that on Saturday, it attacked the Microsoft update site, but fortunately, the writers of the virus did not have

the correct URL for the update site and instead attacked the site that pointed to the update site. When it attacked, all Microsoft had to do was take down that pointer site."

Although Campbell said he couldn't even venture a guess as to how many computers have been infected so far, he knew it was a lot. Morrissey said the last number she had heard Tuesday evening was around 1,000 infected computers.

Nick Miller, a music business freshman from Mechanicsburg, said his computer became infected with the LoveSan virus about two weeks before he headed to campus.

Because he used dial-up access at home, he believed the Internet was malfunctioning since Windows only shut down while was connected to the Internet.

"Once I got here and connected to the Ethernet, it shut down all the time," he said.

"He said he does not believe he has been infected with the SoBig virus, although there is no way to be sure."

Reporter Katie Davis  
 can be reached at  
 kdavis@dailyegyptian.com

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tions must be completed and returned to the  
graduate school, woody B115.

The \$25 fee will appear on a future  
bursar statement during the fall semester, 2003.

## NATIONAL NEWS

### Delay of recall vote requested

LOS ANGELES (CNN) — A federal judge said Monday he would try to rule by today on a lawsuit filed by the American Civil Liberties Union that requests a delay of California's gubernatorial recall election.

The ACLU filed the lawsuit earlier this month, arguing that as many as 8 million voters could be disfranchised by what it described as defective machines that still use punch card ballots.

The state argued that the Oct. 7 election would be fair and should be allowed to proceed.

At least six California counties still have punch card ballots, and all have high concentrations of minority voters, according to the ACLU. California has been updating its voting technology, and has said punch card machines will be replaced in all precincts by March 2004.

U.S. District Judge Stephen Wilson said he will consider arguments made in court Monday by both sides and would try to "come to a decision promptly."

Lawyers for Democratic Gov. Gray Davis filed a similar lawsuit in state court, asking to delay the recall until March. The California Supreme Court turned it down.

A delay could help Davis by giving him more time to win over disenfranchised Californians. Also, the March presidential primary is expected to have a strong Democratic turnout.

### Experts question legality of high school for gays

NEW YORK — When news surfaced that Harvey Milk High School, a fully accredited public school for gay, lesbian, bisexual and transgendered students, would expand its programs to become a fully-fledged high school next month, many education experts were surprised to learn that classrooms could be legally segregated based on sexual orientation.

"I thought it was a joke when I first read it," Krista Kafer, senior education analyst at The Heritage Foundation said. "It seems like an unfortunate and controversial use of taxpayer money. I would have no issue with it if it were a private school."

One group, led by state Sen. Ruben Diaz, filed a lawsuit in the state Supreme Court alleging the school violates state anti-discrimination policies in schools.

New York Conservative Party Chairman Mike Long said he was outraged by the project, which has been running since 1994, and argued that the program is illegal and an example of special-interest politicking in education.

But according to some legal experts, separating students based on sexual orientation is legal.

"Legal or not legal, it is a clear misuse of taxpayers' money," Long said. "You are creating a segregated environment in our school system."

## INTERNATIONAL NEWS

### Truck bomb rocks U.N. headquarters in Baghdad

BAGHDAD, Iraq (CNN) — A large truck bomb ripped through the U.N. headquarters in Iraq Tuesday, killing at least 13 people and wounding dozens, U.N. officials said.

Sergio Vieira de Mello, the U.N. special representative to Iraq, was among those wounded in the blast, which caused one side of the Canal Hotel to collapse — trapping him and others in the rubble.

The bombing continues a recent pattern of attacks on non-military targets in Iraq. Over the weekend, oil, water and electricity lines were attacked by what coalition spokesmen called saboteurs. And earlier this month, a car bomb exploded outside the Jordanian Embassy in Baghdad, leaving 10 people dead.

The building was evacuated and a CNN cameraman said flames and smoke were rising as medical helicopters hovered overhead. Windows reportedly were shattered as far as a kilometer away.

Nearly two hours after the blast, the blue U.N. flag still billowed over the severely damaged building, and the fire had been extinguished. Dozens of U.S. Humvee vehicles were at the scene bringing U.S. military forces to secure the area.

President Bush said: "The terrorists have again shown their contempt for the innocent, shown their fear of progress and hatred for peace. They are the enemies of the people of Iraq, the enemies of every nation that seeks to help the Iraqi people."

The United Nations has long performed many roles in the Iraq along with weapons inspection — such as humanitarian, development and refugee programs. There are 300 U.N. personnel in Iraq and 646 throughout the country, but it is not clear how many people were in the Canal Hotel.

An audiotape, aired Monday on an Arabic-language TV network and purportedly from an al Qaeda spokesman in Afghanistan, called on Iraqis to continue their fight against U.S. forces and promised to send more al Qaeda members to help them.

The message reiterates other broadcast messages from a person identifying himself as Saddam Hussein.

### Today

High 95  
Low 69

Mostly sunny.



### Five-day Forecast

Thursday	Chance of Rain	93/69
Friday	Chance of Rain	86/62
Saturday	Partly Cloudy	81/59
Sunday	Partly Cloudy	83/62
Monday	Partly Cloudy	84/61

### Almanac

Average high: 87  
Average low: 63  
Wednesday's hi/low: 104/46

## CORRECTIONS

Readers who spot an error should contact the DAILY EGYPTIAN accuracy desk at 536-3311 ext. 253.

## POLICE REPORTS

### University

Marcy K. Suchomski, 23, of Champaign was cited for failure to reduce speed to avoid an accident at 5:38 p.m. Monday at the intersection of Lincoln Drive and Thompson Point. Suchomski was released on a personal recognizance bond.

### Carbondale

A motor vehicle theft occurred between 4 p.m. Saturday and 10 a.m. Sunday at a residence on Pine Lake Drive. The missing vehicle is described as a red 2002 Chevy Silverado. The vehicle has Illinois license plate number 5759ZJ. There are no suspects at this time.

An armed robbery occurred at 1:45 a.m. Sunday in the 100 block of North Washington Street. The victim reported he was approached from behind by a black male who struck him on the back of the head and in the face with a pistol. The victim said two other black males armed with handguns approached the victim and began taking items from his pockets. The victim reported that several items of jewelry, a wallet, a cigarette lighter and a watch were taken from him. One suspect is described as a 40-year-old black male who is 6-foot-3 and 225 pounds with black hair and brown eyes, wearing a black T-shirt and khaki pants and armed with a nickel-plated 9 mm pistol. Another suspect is described as a 40-year-old black male who is 5-foot-9 and 165 pounds with short black hair, wearing a gray button-down shirt and yellow cut-off shorts and armed with a .25 caliber semiautomatic pistol. The third suspect is described as a 30-year-old black male who is 6-foot-7 and 150 pounds with black hair in cornrows with beads on the end of the braids, wearing a red T-shirt and aqua cargo shorts and armed with a 380 semiautomatic pistol.

## CALENDAR

Only public events affiliated with SIUC are printed in the DAILY EGYPTIAN Calendar.

Calendar item deadline is two publication days before the event. The item must include time, date, place, admission and sponsor of the event and the name and phone of the person submitting the item. Items should be delivered to Communications Building, room 1247.

DAILY EGYPTIAN is published Monday through Friday during the fall semester and spring semesters and four times a week during the summer semester except during vacations and exam weeks by the students of Southern Illinois University at Carbondale.

The DAILY EGYPTIAN has a fall and spring circulations of 20,000. Copies are distributed on campus and in the Carbondale, Murphysboro, and Carterville communities.

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DAILY EGYPTIAN is published by Southern Illinois University. Offices are in the Communications Building, Room 1259 at Southern Illinois University at Carbondale, Carbondale, IL 62901. Walter Jarboe, fiscal officer. First copy is free; each additional copy 50 cents. Mail subscriptions available.

The DAILY EGYPTIAN, the student-run newspaper of SIUC, is committed to being a trusted source of information, commentary and public discourse while helping readers understand the issues affecting their lives.

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# Local retail stores expand selection, city budget

City economy thrives while state continues to struggle

Nicole Sack  
Daily Egyptian

The arrival of new stores and business in Carbondale is not only bringing in larger shopping selections for consumers but also generating more money for the community.

The rejuvenation of Carbondale's retail and industrial areas is being caused by many factors, said executive director of the Carbondale Chamber of Commerce Sara Berkbigler. One large reason why economic interests are stirring in Carbondale is the improvements made by University Mall.

Bayview Financial Trading Group, the owner of the mall, have made significant investments to the mall. These investments have become a major draw for the town, Berkbigler said. The mall changed ownership in 2002, and has since experienced tremendous growth in the past 18 months, said University

Mall General Manager Debra Tindall.

"Bayview has had the financial investments to bring in new businesses," Tindall said.

In the past year, many brand name stores have opened in the mall including: Wet Seal, Old Navy, Gap, Gap Kids, Shoe Department, and Bed Bath & Beyond.

Besides the completed projects Michael's, an arts and crafts store, will be open in early September and Hollister Co., a division of Abercrombie & Fitch, will open in the mall in November, Tindall said.

"After Hollister Co. opens in November, the mall will have opened 119,652 square feet of mall space that was vacant 18 months ago," Tindall said.

In addition to the new retail stores, the mall will be building a new food court in the east side of the mall adjacent to Southern Illinois Healthcare facility in November.

Construction will begin in October for Panera Bread Co., which will be located on the mall's property near the corner of Walnut Street and Lewis Lane. The new restaurant is scheduled for completion in early

## Gus Bode



Gus says:  
Business is booming. Even sidewalk sales are up.

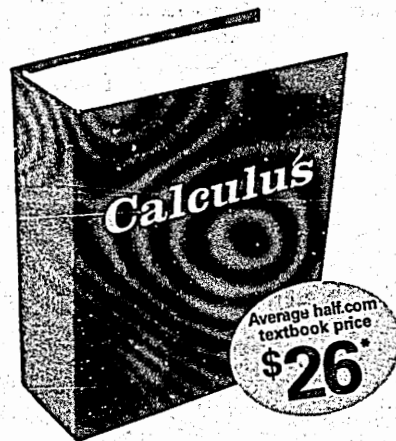
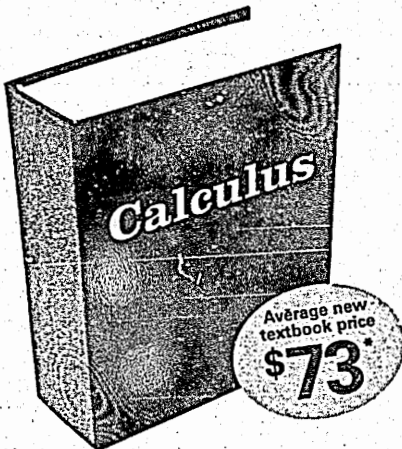
See RETAIL, page 11

## Sidewalk Sales



AMBER ARNOLD - DAILY EGYPTIAN

SIU junior Ben Pakter sits barefoot in front of the Student Center Tuesday trying to sell old books to passers by. This is Pakter's first attempt at a used book sidewalk sale.



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# RSOs use credit cards to make money

Getting free stuff with applications can lead to debt, bad credit

Lindsey J. Mastis  
Daily Egyptian

Free offers may sound great, but many students do not realize the effects that come along with filling out credit card applications.

Although signing up for credit cards benefits organizations, debt and stolen cards can soon follow.

Katherin Sermersheim, director of Student Development, said the credit card companies are allowed to solicit students on campus as long as they have a permit and co-sponsor with a Registered Student Organization.

The SIUC rugby team had a credit card fund-raiser to get money for their team. A credit card fund-raiser helps RSOs raise money by receiving a certain amount of money per credit card application that is filled out. The rugby team tries to encourage students to fill out credit card applications, and, in return, applicants receive a free item.

Nicholas Hosni, a junior in outdoor recreation from Downers Grove, said the rugby team relies on fund-raisers because they do not get much money from the school.

"It's been incredible," he said. "People are just coming in and filling it out, and it just helps us out."

Hosni may have encouraged passing students to apply for credit cards, but he is not sure if he will apply for one himself.

"I'm not good with credit cards," he said.

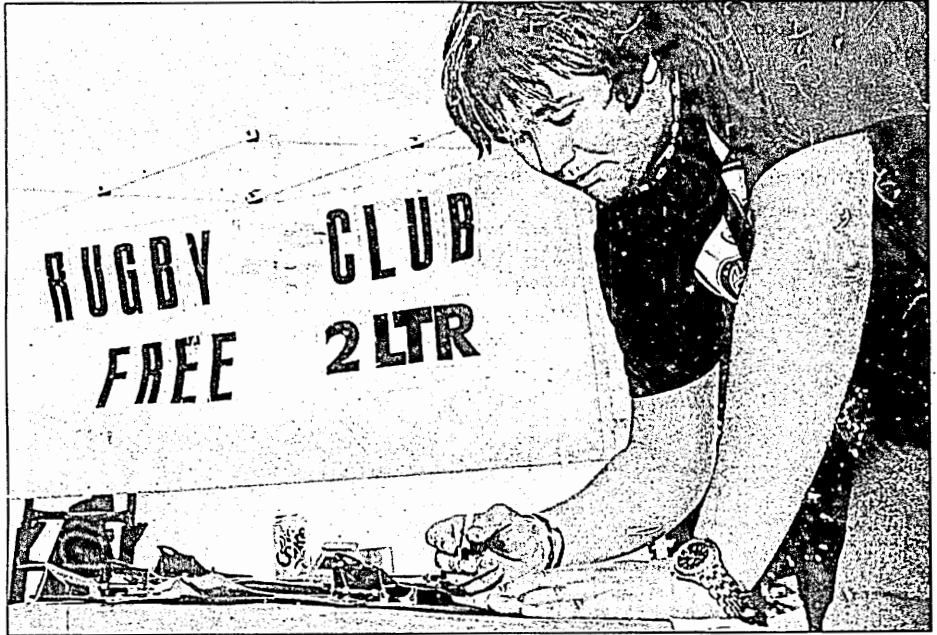
Hosni is not sure how much money the team will receive from the fund-raiser, but he said it should be substantial enough to spend his time in the heat asking students to sign-up.

Sermersheim said the amount of money per application given to the RSO is negotiated with the credit card company. She estimates it at being an average of \$1 per application.

"I think we have to find a healthy balance between helping RSOs being able to capitalize on this fund-raising opportunity and help students today have a grasp of the fiscal commitments that they make," she said. "Unfortunately, that's part of an independence spree that a student goes through, and they think having credit cards means 'I'm an adult,' and obviously that's a dangerous thought."

Miten Patel, a junior in engineering from India, decided not to apply for a credit card to get a free T-shirt because he had previously signed up for too many cards when he came to the University two years ago.

"When I started applying, I had 10 or 15 of them, and then I started slowly getting rid of them," he said. "Initially, I kept on applying ...



ANTHONY SOUFFLE - DAILY EGYPTIAN

Sophomore Kierl Arduini, a liberal arts major from Sterling, fills out a MasterCard application at the rugby booth near Faner Hall Tuesday afternoon. For many students, the free bottle of soda is incentive enough to fill out the application. "I'm filling this out mainly to support the team and to get some free stuff," Arduini said. The rugby players use this fund-raiser to support their team.

not only the free stuff, but it was fun to use credit cards and not have to pay at that time. I kept on spending it and then I had so much to pay off."

Some students fill out applications incorrectly so that they will still receive free gifts without the burden of a credit card.

Deandra Evans, a freshman in pre-law from Chicago, signed up for her second card Tuesday. She said she wanted the T-shirt but will probably cut up the card when it arrives in the mail.

"I don't use them," she said. "I just want a shirt ... You can get this, you can fill out your credit card application and get your shirt, and when you get the card, you can spend like crazy but that's what you're going to do."

But some students use the credit cards. Larry Dietz, vice chancellor and associate professor, said he is concerned about students getting into debt but believes students should have the choice to sign up for a credit card just as RSOs should have the opportunity to make money through the fund-raisers.

Artur Debecki, a freshman in education from Lake Zurich, said that because he already has a credit card, he is not as tempted to take advantage of the free offers.

"It's not interesting to me," he said. "The little voice in the head says that you have to pay for that. It's just trash. I just rip it up and throw it out ... so that [thieves] don't find it and sign up for it."

One potential problem that does not always cross the minds of students is credit card fraud. Community Resource Officer Dan Reed said forgeries and the unlawful use of credit cards is very common in Carbondale. And because many students do not live in the same location every year, the card may be sent to the wrong person.

"A lot of new students are getting their cards for the first time, or they're bombarded just like the rest of us with the pre-approved [cards] they send us," Reed said.

Because of the incentives, many students will sign up with the intention of cutting up the card

when it arrives. But sometimes, students forget that they have a credit card on the way.

A student does not have to sign up for a card to be at risk of having it stolen, Reed said. Credit card applications that are usually thrown away as junk mail can become the tool for identity theft. Reed says destroying the application through shredding could help keep thieves from taking the information out of the trash. He said there are many things students can do to prevent a person from using their identity to purchase items.

"We recommend not having your social security number printed on your checks," Reed said. "There is really no reason or need to have your driver's license printed on them either. A lot of people think it's very handy to have it on there because they know people are going to ask for that kind of thing, but make them ask."

Reporter Lindsey J. Mastis  
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# SIU satisfied with potential enrollment figures

Although enrollment figures are not officially available, outlook is good

Jessica Yorama  
Daily Egyptian

Incoming students at SIUC have seen tuition increase at SIUC, but enrollment has remained fairly stagnant, according to Vice Chancellor for Student Affairs and Enrollment Management Larry Dietz.

Despite the 16 percent increase, which took effect as part of the second year of a plan to increase enrollment over a four-year period, Dietz said enrollment figures have remained steady during the past few years. Prior to the steady current of the past three years, he described University enrollment as an "ebb and flow" pattern following its peak in 1993.

According to University statistics, 19,324 students enrolled at SIUC in the fall of 2002, a number he expected to remain basically the same this semester. Although he said this trend seemed to be continuing thus far, exact figures for the fall 2003 semester will not be available until 10 days after the semester officially began.

When predicting enrollment numbers, Dietz said the University had to take several factors into account including its 10 percent

off-campus population, mainly individuals enlisted in the military.

This factor contributed to the decrease in enrollment for the summer, which is already a semester known for having low attendance.

"We're trying to expand summer enrollment," Dietz said. "We have a huge demand during the academic year, but it dwindles during the summer. The more students that enroll [during the summer], the better we can serve our students."

These figures, which increase in times of conflict such as these, as well as the decrease in admissions from students who simply decide not to attend the University, are not a large consideration for all institutions. In fact, many junior colleges are reporting a significant increase in their fall 2003 enrollment. Junior colleges attribute this increase to a number of factors, predominantly a less-than-desirable economy that has caused many to view continuing their education as the preferable alternative to entering a weak job market.

Although Terry Crain, associate dean of student services at John A. Logan College, said figures this year were not dramatically different than the previous year, they were slightly above enrollment numbers from fall 2002.

"As of today, we're on pace, just a little ahead," Crain said. "We're within a few students more than we had last year, so that's pretty good. We don't stop registering until next week."

Similar to any institution, John A. Logan

must think of the few students who will transfer or decide that they do not wish to attend the college. However, he also realizes that, when predicting enrollment, the college can safely rely on a number of students who will wait until early in the semester to decide to enroll, most of who will come from SIUC.

He said that while John A. Logan travels to 11 local schools to promote itself, there is not a large budget for recruitment in any community college's budget.

"We can't recruit too heavy," Crain said. "As a statewide trend things kind of filter down to us. Especially with a college the size of SIUC seven miles away, we get a lot of students who come to take a few classes."

Although SIUC cannot rely on the filtering process, they have had consistent success with the freshman population, which he said to be up to a "healthy percentage." He reported the transfer population to be steady but said there was no real way of calculating the numbers of returning students.

"Freshman enrollment has been up continually, but we're uncertain who will come back from year to year," Dietz said. "We hope it [enrollment] goes up, but we'd be satisfied with a modest increase."

Dietz said the University has a number of plans for increasing enrollment, many of which are laid out in the blueprint for the University known as Southern at 150, a comprehensive plan SIUC hopes to achieve by 2019.

"We have to determine if the University wants enrollment to increase," said Anne Deluca, vice chancellor for student affairs and enrollment. "That's part of the plan for Southern at 150, deciding what kind of students we need more of, as far as grad and undergrad."

Although the plan does not specifically call for a dramatic increase in undergraduate enrollment, it does call for improvements that would improve the University as a whole and, as a result, attract new students.

In the meantime, SIUC continues with its usual means of recruitment such as letters, website information and phone calls. The University performs the majority of recruitment in the state with the exception of St. Louis and northern Illinois. These individuals visit open houses and fairs in high schools and community colleges.

The University is also hoping that more scholarships and grants available to students will aid in retention. In the end, however, Dietz said there is never a definite way of guaranteeing increases in enrollment figures.

"There's never been any real way of determining why people enroll where they enroll," Dietz said. "Enrollment is pretty complex."

Reporter Jessica Yorama  
can be reached at  
jyorama@dailyegyptian.com

# Police arrest, charge man for setting fire to dumpster

Dumpster fires become problem at Lewis Park

Burke Wasson  
Daily Egyptian

A Carbondale man was arrested and charged with attempted arson, a felony, after he was seen by Carbondale Police officers setting fire to a dumpster at Lewis Park Apartments.

Carbondale Police Officers arrested Zachary James Heinz, 20, of Carbondale at 4 a.m. Friday at Lewis Park. The department said Heinz is a resident of the apartment complex.

Police said two arresting officers saw Heinz set fire to a cardboard box doused with motor oil and then placed the lit box into a trash dumpster in the complex's parking lot. Carbondale Police Department Deputy Chief Steve Odum said the officers were already at the East Grand Avenue apartment complex on an unrelated call when they saw Heinz.

Odum said Heinz was with an unidentified male suspect who has yet to be captured.

The department said Heinz and the suspect ran from the officers. When Heinz was arrested, he was found to be in

possession of alcohol.

Odum said Lewis Park's landlord has met with the Carbondale Fire Department because the dumpster fires at the apartment complex have become a "real problem," especially with more students in town.

"I know they were having some fires in the spring, and the fire department is pretty concerned about it," Odum said. "I think the fires are more connected to when they've got a higher occupancy when school's going on."

Odum said the dumpster fires are more dangerous than most people realize because of the threat they pose to cars parked near dumpsters.

"People who park their cars close to a dumpster and can't find any place else to park end up getting their cars damaged," Odum said.

Representatives for Lewis Park could not be reached Tuesday evening for comment.

Heinz was charged with attempted arson, reckless conduct, resisting a peace officer and underage possession of alcohol. Officers took Heinz to Jackson County Jail in Murphysboro, where he was released on bond.

Reporter Burke Wasson  
can be reached at  
bwasson@dailyegyptian.com

# U. Colorado takes title as No. 1 party school in United States

Meagan Balink  
Colorado Daily (U. Colorado)

BOULDER, Colo. (U-WIRE) — Not everybody thinks it's a good day for the University of Colorado to be number one, but others are prouder than, well, Pabst Blue Ribbon.

The New York-based Princeton Review, a company unrelated to Princeton University that provides education, testing and admissions resources and books for students, announced its famous "Best 251 Colleges" list for 2004 Monday.

CU topped the magazine's rankings in two categories: CU is the number one "party school" in the nation and the number one "students almost never study" school as well. The university ranked third in the "reefer madness" category, in which students report the popularity of marijuana usage at the school.

The rankings were determined by a 70-question survey of 106,000 students at 351 top colleges, according to a Princeton Review press release.

Andy Bennett, a junior biology major at CU, said he isn't surprised at the ranking.

"I've been to a lot of different campuses, and this is definitely a party school," he said.

But Pauline Hale, spokesperson for the university, said people shouldn't take the Princeton survey too seriously because in the university's opinion, it is a marketing tool for the company, not the school.

"I've started thinking of these studies as pseudo-studies," Hale said.

"We take them with a large grain of salt. They're commercial enterprises designed to sell books."

Vice Chancellor for Student Affairs Ron Stump agreed that the survey was probably inaccurate at best.

"People really do not know how the ranking was based," said Stump. "You have to question the survey itself."

Princeton Review's press release said the survey is based solely on student answers to its grid of questions, which are conducted on campuses electronically with the permission of administrators. The release said an average of 300 students per campus contribute to the survey.

Still, Hale said she thinks CU students aren't correctly represented in the survey.

Stump had a warning for students who might choose to attend CU simply because of its "party school" reputation.

"For those people, who come here just for the social scene alone, they're not going to stay long," he said, implying that the curriculum at CU is not the faint-hearted or those who like to party a great deal.

Senior history major Jenny Giansiracusa said CU's ranking, especially in the marijuana category, doesn't surprise her.

"There are a lot of rich kids with more money than they know what to do with," said Giansiracusa. "Boulder is like a liberal bubble in this conservative state. It has a strong hippie representation."

Kristen Cardwell, a sophomore in English, said she thinks that CU's ranking is great but should be taken lightly.

"This isn't an easy university to get into, so we're smart students who also like to party," she said.

Alex Garcia, president of the Interfraternity Council at CU, said the common stereotype that Greeks perpetuate the party scene is invalid.

"It's a misconception because a lot of people come here to party," said Garcia. "We have probably one of the biggest accountability systems on this campus."

Garcia said the fallacy arises because of random house parties on University Hill, which are not necessarily greek-related. He noted his organization checks on its member fraternities' behavior, going out on weekends to monitor activity and banning drinking at house parties.

"It is obviously something we're concerned about," said Garcia, who reported receiving multiple e-mails from the subject of the Princeton Review ranking. "The whole ranking thing hasn't put a damper on us... but I think we're being a lot better, toning things down."

Garcia said CU will always be seen as a bit of a party school and Cardwell said she remembered that remark.

"I'm happy to contribute to the number one ranking," said Cardwell, "and to celebrate tonight, I'll probably have a drink. Maybe two."

Colorado Daily staff member Scott Bershof contributed to this report.

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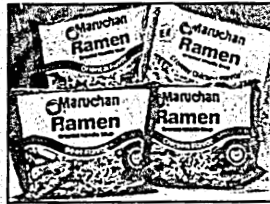
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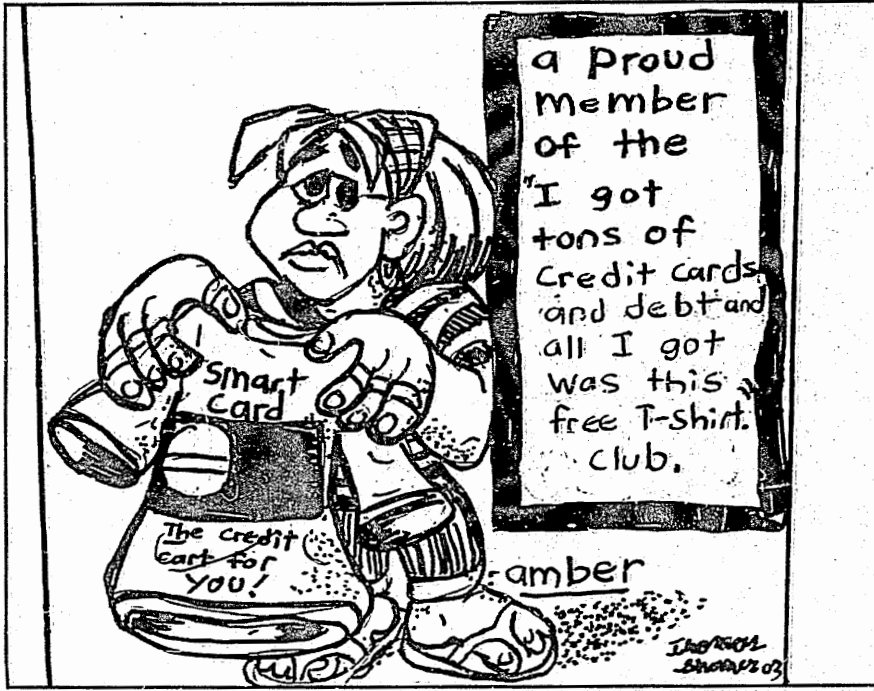
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## OUR WORD

# Ban credit card solicitors from SIUC

If you can't pay for your first car is full, you need to go see Mom and Dad because you will need a co-signer. This holds true for a cell phone and sometimes even a lease. On the other hand, if you want a new stereo, the latest fashions or even books for

Students must be aware that signing up for a credit card means more than a free T-shirt or a 10-percent discount at the mall

class, all you need to do is walk across campus, fess up some personal information and sign on the dotted line.

Like college campuses across the country, SIUC is a haven for credit card solicitors. And, according to the SIUC administration, credit card solicitation is an acceptable fundraiser.

We don't think so.

Instead, Registered Student Organizations should find other ways to advance their programs besides making money by potentially harming students and their credit.

But this problem does not start with the Registered Student Organizations that get paid for each student who applies.

Instead, the matter begins with the

companies that solicit students and students are one of the most sought after target of banks issuing credit cards. That is a given. Students don't tend to have high paying jobs — yet — but we do have expensive taste and we tend to live beyond our means. After all, few students make a wage high enough to even cover tuition and room and board, much less clothes.

Nevertheless, living beyond our means now often starts a harmful trend. The University may not be able to avoid the increasing costs of educating students or even housing them, but the University can protect students — at least while they are on campus — from collecting more debt through credit cards.

We know credit cards can help build credit.

But they also help destroy it.

Students must be aware that signing up for a credit card means more than a free T-shirt or a 10-percent discount at the mall. Most students don't take the time to read the disclaimers on the applications. Most solicitors probably don't want us to know how much the interest rate is or what getting declined will do to

our credit.

We might not even know until an application for a home loan is denied. However, the University cannot be blamed for students' bad credit because of credit card bills the student ran up.

By the time students are at the university level, they are adults and should be able to make educated financial decisions. But, that doesn't often happen unless the students are educated on such matters.

Although many high schools and some Student Orientation and Advisement Registration leaders warn students about credit cards, knowledge must start at home. Parents need to educate their children — even their adult children — about the positive and negatives of credit cards.

Credit cards are essential in emergencies and foreign travel, among other things. But students must be aware that credit cards should not serve as play money. Instead, they are loans that come with an obligation to repay.

University administration says students want to be treated as adults and thus should not be protected

from solicitation.

We are not protected from solicitation. It is everywhere we go, including in our mail, as companies simply have to file a Freedom of Information Act to get a list of our names and addresses from the University.

Still, we don't need to deal with high-pressured solicitation at school. Thus, credit card solicitors should be banned from this campus, as it has been done at numerous campuses around the country. Some states, such as California, have even made strides to ban solicitation on college campuses altogether.

Such a ban would not prevent RSOs from fundraising. Instead, they may have to work just a little harder and be a bit more creative when looking for ways to make money. Even in a suffering economy, RSOs can have successful fundraisers without the involvement on credit cards. In fact, the DAILY EGYPTIAN is always looking for RSOs to stuff the paper with inserts.

Students, professors and books belong at SIUC, not pushy sales people trying to make a buck on our naiveté.

## QUOTE OF THE DAY

“Money talks . . . all mine ever says is goodbye.”

Anonymous

## WORDS OVERHEARD

“If an outage occurs, it is imperative that we have back-up for our law enforcement and emergency personnel.”

Illinois Lt. Gov. Pat Quinn in reference to his assessment of Illinois' energy system vulnerability

COLUMNISTS

# Nightmare on Walnut Street

I was driving through Carbondale on my lunch hour Friday when I passed a Chrysler heading due west down Walnut Street. Cars honked and fingers waved as the panicky mini-van tried desperately to hang a u-turn out of there.

And I knew, long before I noticed the mini-fridge strapped to the luggage racks, what it all meant. Welcome to SIU, parents. We've been expecting you.

You drive through Carbondale for the first time with your young valedictorian; the ink still wet on his high school diploma, and you know that you are about to leave him here to sink or swim.

He will learn responsibility, and you will be relieved. He will discover his own interests, and you will be proud. He will show up for Christmas with a tattoo, and you will be livid. But you bite the bullet and go through with it anyway. The gas mileage was terrible getting down here with all that junk, so you're not hauling it back home again.

You leave him at the dormitory with a set of twin sheets, a 13-inch television and enough boxes of Rice Chex to last him until the year 2040. This is a good thing, because that is probably how long it will take before you see any return on this whole college investment.

I used to imagine my poor abandoned parents at home, creaking around in their big empty nest without me. In my daydreams they began to look ancient, wearing cardigan sweaters and glass monocles. They counted down the days until my next glorious visit like a prisoner's tally marks on the walls of a jail cell.

Luckily, this ridiculous vision of mine helped me feel better when I decided to move back home the first time. Until I broke the news to them, that is.

Suddenly, Mom and Dad didn't look as wrinkled and decrepit as I had pictured them. And they didn't seem as lonely in my absence, either. In fact, you could have cut the tension with a tattoo needle.

Since that first year, I've moved out and come slinking back in the throws of college poverty more than once or twice. Each time, I have less of an actual bedroom and more of an office/sewing room time-share with my parents. But luckily, it becomes easier and easier to beg my way back in.



Not just another priddy face

BY GRACE PRIDDY  
vulcanlogic81@hotmail.com

ME: Look, it's either this or I'll have to keep sneaking over here when you guys aren't home, stealing your groceries and replacing my broken light bulbs and empty toilet paper rolls in your fixtures again ...

MOM: You don't really do that, do you?

ME: That's beside the point, Mom; you're not listening to me ...

And I'm back in. They've been pretty cool about this, especially when I know they are thinking how nice their entertainment center would look in that spot where I sleep.

Meanwhile, I've been discovering that my brother is actually the smartest one in the family. From watching me, he has learned the most important lesson—just never leave to begin with. Instead, he's spent his entire college career without spending a dime on rent.

So what is he doing with his savings? Purchasing rental property. That's right. He's about to become a landlord, reap the financial benefits of owning real estate, and still LIVE WITH MY PARENTS.

I might be indignant about this if I weren't dazzled by the sheer brilliance of his handiwork. Of course, this will fade next year when I decide to fly the nest again and end up having to rent my apartment from him. That'll be perfect. Having a landlord I once tried to force-feed a booger sandwich to.

Until then, I can only sigh and feel pity for those concerned parents letting their children go for the first time. It does get easier, folks.

Soon you'll be praying they're going to stay out. And there are plenty worse things they can come home with than a tattoo. Say, for instance, a U-Haul with all of their belongings.

*Grace Priddy is a senior in architecture. Her views do not necessarily reflect those of the DAILY EGYPTIAN.*

# The American dream?



Piattology

BY JACK PIATT  
piattology@yahoo.com

America ... the land of the free and the home of the brave, with her amber waves of grain, paints a pretty picture for the blinded eye. The dream of America, with all its tradition and glory, is spilling over the top of the melting pot that has finally reached a boil.

As the bombs fall out of our sight and minds in the name of liberation and positive change for global peace and harmony, our little united piece of land falls further away from the goals and aspirations of our founding fathers, leaving the realm of common sense in a cloud of high-tech smog we like to call progress.

We are destroying everything around us. We not only pollute the earth with our waste, but we pollute the air with our lies, hate and thoughtless words. New groups manifest daily, screaming for their rights. Blacks vs. whites, men vs. women. Gay rights, minority rights, left vs. right. With so many different groups of people squabbling for their piece of what they ordain to be rightfully claimed, we forget that when all the lights go out and all the madness quiets, we're all human.

We eat, breathe, hurt and cry the same. We laugh, touch, taste and hope the same. One truth has held constant from the beginning of time until this very moment and will always remain: Survival is the most basic human need. It is instilled in every one of us, this natural motivation to survive. But somehow, we have found a way to ignore even our most basic instinct. We put things in our bodies that we know harms us. We do things to our environment completely aware of the detrimental effects it will have on our lives and the lives of our offspring.

In major public universities in California, separate race-based graduation ceremonies are being held. A member of the Chicago City Council opposes the Pledge of Allegiance because he contends it is offensive to ask black Americans to "give their loyalty to a country that enslaved them." There are those who are protesting Mother's Day because it discriminates, they say, against children who are in same-sex households.

We have white children who want to be black and black people who object to the term "African-American," some to what is on the left side of the hyphen and others to what is on the right. If common sense were being sold at Wal-Mart for a dollar a case, they would go out of business, because it seems no one is buying these days.

The problem is not with race or origin. The fact is there is only one true race: the human race. This fact has been ignored and neglected due to a much bigger and more ambitious race that seems to have overshadowed the human race: the rat race. The funny thing is no one is winning this fruitless race, because there is no end to it, not one that anyone will live to tell about anyway.

The answer lies in us as individuals. We have to make it our responsibility personally to seek out the truth and hold ourselves accountable for what is right and what makes sense. We should look around and see each other not only as equals, but as mirrors of one another ... sisters, brothers, friends and family. We are fellow human beings, not just in America, Europe, Asia or Africa, but here on this place we like to call home ... a big round ball called Earth. The dream shouldn't be of America or specific continents or countries; the dream should be for a better earth for all of us. It starts with us. Not the government and its politicians. No superheroes will be on duty for this mission. The weight is left on our shoulders. It is a heavy load, but together our strength is unstoppable.

*Jack Piatt is a senior in advertising. His views do not necessarily reflect those of the DAILY EGYPTIAN.*

## LETTERS

### Greetings from Iraq

FRIENDS AND FAMILY,

I am sure by now you know of the attack on the UN. I just wanted to let everyone know I am fine. I spent a few hours helping set up a mass evacuation center nearby. The UN compounds is more than five miles from my locations and our security is always high and ready. Please pray for all those hurt. Today has put a damper on all of us here. However, I know I will not falter or fail just as ordered. GOD BLESS!

Love,  
Jason White  
SIU student serving in Iraq

### More info on IBHE needed

DEAR EDITOR:

The DE's August 19 story about IBHE plans to increase faculty diversity through minority fellowship programs left out one important fact. In early 2003 Southern Illinois University at Carbondale was still using racially exclusive scholarship programs. SIUC did not remove the racial restrictions until threatened with legal action by two watchdog groups, the American Civil Rights Institute and Center for Equal Opportunity. Details are in the St. Louis Post-Dispatch for July 9, page A10. Presently, no SIU unit of any type has to award scholarships, jobs, or anything else based solely on race, minority status, diversity claims, or other euphemism for racial preferences.

Herb Russell  
English professor

## GUEST COLUMNIST

# Immigrants should be treated with dignity

Marquita Brown

Daily Mississippi (U. Mississippi)

OXFORD, Miss. (U-WIRE)When he was alive, Juan Contreras lived with at least six other people in a mobile home in Canton, Miss.

As a sanitation worker for PECO foods, he earned \$6.35 a week, money that was to be sent to his wife and children back in Veracruz, Mexico.

In June, Contreras was robbed and killed. Four teenagers are charged with the crimes. At the time, his family was unable to even raise money to send his body back to Mexico.

Hundreds of other Hispanic immigrants in the Canton trailer park live in fear of similar crimes and deportation.

This summer, when the news of Contreras's death broke, I had the opportunity to travel to Canton and speak with a few residents of the trailer park.

As I talked to one man who was washing his car, I glanced into the open entrance of his mobile home. Nothing was there

other than a few mattresses on the floor.

When I spoke with other residents and business owners in the area, they all said the same thing. The immigrants weren't seeking trouble — they only wanted to work and support themselves and their families.

These people have to carry their wages because they can't open bank accounts, and they have to basically pray that they aren't robbed before they can send the money home.

Many are unable to speak fluent English, so they can't communicate with law enforcement. And besides, those who are illegal immigrants avoid law enforcement.

The Clarion-Ledger reported that Madison County Sheriff Toby Towbridge plans to "round up and deport" illegal immigrants in Canton. Many of them live in the Westside Trailer Park.

Should the illegal immigrants be deported? I'm actually not sure. The law is the law, and with recent occurrences, the country can't afford to be too lenient with these policies.

However, it should also be remembered that this country was founded by immigrants who came seeking a better life for themselves and their families. And that's all these people want to do.

It seems as if businesses — not only those in Canton — take advantage of the immigrants for cheap labor, but when they catch heat about workers' citizenship or working conditions, they try quickly disassociating themselves.

Meanwhile, these people live in conditions that no human being should live in. Whether or not they are legal citizens, they are people.

Towbridge is ignoring that fact. This situation is setting a precedent of using a group of people and then quick disassociation when the truth comes to light. There has to be a more humane and ethical way to handle this situation.

God, I wish I, or the Canton government, knew what that was.

*These views do not necessarily reflect those of the DAILY EGYPTIAN.*

• LETTERS AND COLUMNS must be typewritten, double-spaced and submitted with author's photo ID. All letters are limited to 300 words and guest columns to 500 words. Any topics are accepted. All are subject to editing.



• LETTERS taken by e-mail (editor@siu.edu) and fax (453-8244).

• Phone number needed (not for publication) to verify authorship: STUDENTS must include year and major. FACULTY must include rank and department. NON-ACADEMIC STAFF include position and department. OTHERS include author's hometown.



• Bring letters and guest columns to the DAILY EGYPTIAN newsroom, Communications Building Room 1247.

• The DAILY EGYPTIAN welcomes all content suggestions.

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# Student groups give back 5 percent at Western Illinois U.

**Stephen A. Martin**  
Western Courier  
(Western Illinois U.)

**MACOMB (U-WIRE)** — A call for 5 percent of student organization money deposited with Western Illinois University still has some officials waiting for answers.

President Al Goldfarb repeated his call for the "administrative cost reallocation" in a letter this past Wednesday. The charge, needed to make up for a \$1.3 million budget shortfall, was first announced July 1.

"Dealing with the continuing budget crisis will be a major administrative priority in the coming fiscal year," Goldfarb said.

Associate Vice President for Student Services Earl Bracey said he "wouldn't know exactly how much to take from student activity fund accounts until 10 days after classes begin."

Western uses the "10-day count" to establish enrollment figures, giving students time to sign up or withdraw before establishing firm numbers. That figure will be used to calculate

student activity fee transfers, from which the 5 percent charge will be withdrawn.

"It's a matter of looking at our enrollment," Bracey said.

A plan developed over the summer calls for taking money from reserves from previous years instead of taking away from the current year's income.

"Nothing has changed since then, although not every fund has a balance big enough to allow such withdrawals," Bracey said.

Meanwhile, Director of Student Activities Dan Maxwell said his staff has questions and will be seeking answers from Vice President for Student Services Garry Johnson.

One of the biggest questions has to do with how long the charge will remain in effect.

"Is it one year? Three years?" Maxwell asked.

Western's operating budget calls for expenditures of \$94 million in the accounting year, which began July 1. That's \$1.2 million less than in the previous fiscal year, and nearly \$1.6 million less than in FY02.

A bigger share of the budget is made up of fees and locally generated revenue as state support shrinks by \$3.3 million this year, falling to \$56.1 million from the \$59.4 million appropriated in FY03.

Most state institutions in Illinois have seen a decrease in support as officials in Springfield have grappled with a \$5 billion deficit. Universities from Carbondale to Chicago have laid off employees.

Assistant Vice President for University Relations John C. Maguire said Western has been able to avoid making layoffs in part because of the 5 percent charge.

Raises of 2.5 percent for employees not covered under collective bargaining agreements were implemented with the start of the new fiscal year, he said, while plans call for a similar increase under union contracts currently under negotiation.

Custodial employees usually laid off in the spring are being hired back, and Maguire said any layoffs that do become necessary won't affect instruction.

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4. Course Registration Form with Advisor's Signature and complete information. An overload also requires a dean's approval or the designated dean's representative. SIUC degree students need to bring the signed registration form to our office at Washington Square "C."

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FL 102-3	East Asian Civilization	MATH 107-3	Intermediate Algebra
GEOG 103-3	World Geography	<b>Philosophy</b>	
GEOG 3031-3	Earth's Biophys. Env. 4	PHIL 389-3	Existential Philosophy
HIIST 110-3	Twentieth Cent. Amer. 2	<b>Political Science</b>	
HIIST 202-3	Amer. Religious Diversity 2	POLS 213-3	State & Local Gov't 1,4
MUS 103-3	Music Understanding	POLS 250-3	Pol. of Foreign Nations 1
PHIL 102-3	Intro. to Philosophy	POLS 319-3	Political Parties 1
PHIL 104-3	Ethics	POLS 322-3	Amer. Chief Executive 1
PHIL 105-3	Elementary Logic	POLS J24-3	Politics & Public Policy 1
PHSL 201-3	Human Physiology	POLS 340-3	Intro. to Pub. Admin. 1
PLB 3031-3	Evolution and Society	POLS 414-3	Pol. Systems in America 1,8
POLS 114-3	Intro. Amer. Gov't 1	POLS 444-3	Policy Analysis 1,8
SOC 108-3	Intro. to Sociology	<b>Spanish</b>	
WMST 201-3	Multicult. Perspect. Women 2	SPAN 140a-4	Elementary Spanish 2
WMST 3011-3	Wom. in Sci., Eng. & Tech. 2	SPAN 140b-4	Elementary Spanish 2
<b>Administration of Justice</b>		<b>Women's Studies</b>	
AJ 290-3	Intro. to Criminal Behavior	WMST 492-3	Women in Religion 8
AJ 306-3	Policing in America 5,9		
AJ 310-3	Intro. to Criminal Law		
AJ 350-3	Intro. to Private Security		

### ON-LINE SEMESTER-BASED COURSES:

HED 302s-3	Driver Task Analysis 6
HED 313s-3	Injury Prevent. & Safety 6
IST 209-3	Intro. to Program 6
IST 232-3	System Anal. & Design 6
IST 301-3	Inf. Systems Tech. 6
IST 307-3	Principles of Recording 6
IST 336-3	Software Applications 6
IST 350-3	Technical Careers Subjects 6
IST 360-3	Network Security 6
IST 370-3	Intro. to Oracle 6
IST 412-3	Planning 6
IT 475-3	Quality Control 6
REHB 400-3	Intro. to Rehab. 6,10
REHB 503-3	Basic Behavior Analysis 6,10
REHB 512-3	Legal & Ethical Issues 6,10
REHB 551-4	Rehab. Counseling 6,10
WED 463-3	Assess. of Learner Performance 6,10
WED 494-3	Workshop 6,10
WED 586-3	Adult Voc. Programs 6,10
WED 590-3	Readings 6,10
WED 593-3	Individual Research 6,10

- 1 - Not available to on-campus majors
- 2 - Web-based version available
- 3 - Junior Standing required
- 4 - Web-based version only
- 5 - Check for Prerequisites
- 6 - Department permission required
- 7 - Check for availability
- 8 - Not Available for Graduate Credit
- 9 - On-campus students need instructor's permission
- 10 - Undergraduate or Graduate Credit



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Department of Human Services caseworker Lorie Humphrey shows James Maloney where to sign on a form detailing the hiring of his personal assistant to help him with his personal needs while attending school.

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**LEADER**

CONTINUED FROM PAGE 1

James Maloney is a leader. He was vice president of student government and became president at Black Hawk College in Moline. He represented students as the student trustee for the Black Hawk district.

He presided over a chair for the Illinois Community College Board Student Advisory Committee, where he worked at a state level as well as with the most prestigious and highest of all educational boards in the state, the Illinois Board of Higher Education.

"I fill up my time doing stuff for other people," Maloney said with a grin. "I don't know how to explain it."

And he does all of it on four wheels. Maloney has cerebral palsy, a medical condition that affects control over a person's muscles. Children and adults who have cerebral palsy may be unable to walk, talk or eat. It is caused by injury to the brain before, during or shortly after birth.

"Because I have CP and needed others' assistance with my life, the only way of giving back was helping

others," he said. "And it's useful when working in disability services and social services because you have to know your resources."

Talking with Maloney gives an impression on just how well versed he is in helping a variety of people, which he attributes to his training in various fields of volunteer work as well as professional social services training. But there was something missing from his life.

Relying on his family for assistance, something that Maloney has tried to shake, prompted his pilgrimage to Carbondale, and it has opened his eyes.

This is Maloney's first year away from home. The junior transfer from Black Hawk College moved in Monday morning. When most freshmen were still at home, Maloney was training for college.

"It is essential to learn communication skills and be open to other people," Maloney said, referring to getting acclimated with the college environment. "People have questions about disabilities. Some people say it's none of their business. 'Why this?' And 'Why that?' But answering those ques-

tions is essential to breaking down barriers and stereotypes. "Everybody who is born has a disability to some degree. A lot of disabilities are unseen."

Communication is the key to Maloney's success. Wherever he goes, he plans on making an impression, whether it's Moline or Rock Island where he was born. Maloney's secret is being able to talk, but listen too.

"If you are open it makes them more comfortable," Maloney said. "Because if you're not open it makes people afraid to interact with you, because they don't know how to interact."

Twenty-three-year-old Maloney comes from a family a five where he is the youngest, although his baby face never lets on that he's day over 20. His two older brothers, both adopted, are 34 and 41.

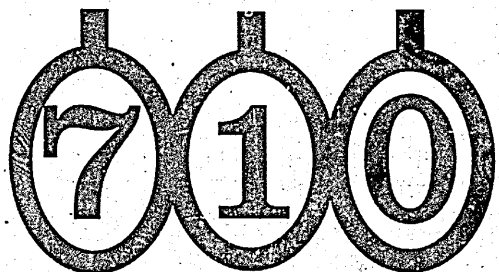
After moving things into his dorm room at Thompson Point, he felt pretty comfortable, but after a quick realization that the crowds were yet to come, Maloney knew he had work ahead.

The transitions program has played an essential and crucial role in Maloney's attempt at independence,

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# Western Illinois U. adopts cost guarantee model for new state law

Crystal Lindell  
Western Courier  
(Western Illinois U.)

**MACOMB (U-WIRE)** — Students at Western Illinois University have enjoyed the benefits of a cost guarantee program since 1999. Public Illinois universities will be required by law to offer similar programs to first-year students starting the 2004-2005 school year, according to a university press release.

The law, referred to as Truth in Tuition, was announced July 22 and would guarantee students a stable tuition rate for four years. It only applies to undergraduate students like Western's program.

"Western was the model. The governor mentioned Western Illinois University's program when the bill was introduced. However, Western's version is much broader," said Assistant Vice President for University Relations John Maguire.

"While Western was the first,

the university will continue to also guarantee fees and room and board, making its program unique in the state," said Western's President Al Goldfarb.

Degrees such as teaching have more than 120 hours, and the law states students in those programs are given the same tuition rate with which they started.

Some students' degrees should be completed in four years, but due to other circumstances, completion takes longer. In those cases, the student will see an increase in their rates equal to the rates of students who entered the year after them.

"The law will not change that," Maguire said.

Western extends this policy to fees as well as room and board.

Illinois has gained national attention from the program. According to the article "Illinois Enacts Plan to Freeze Tuition Rates At Its Colleges" in The New York Times, Illinois is the first state with such a law.

"The dream of a college education is something we must encourage, not discourage," Gov. Rod Blagojevich said when he signed the legislation, according to the article. "Today we are doing our part to keep that dream alive."

"The underlying desire is a good one: to put predictability and stability into setting tuition. The question is how effective it will be," Travis Reindl, director of state policy analysis for the American Association of State Colleges and Universities told The New York Times.

State Representative Kevin Joyce, a democrat representing part of Chicago and its southwest suburbs, introduced the bill. According to the article, Joyce got the idea when he met students who dropped out of school for a semester or longer when tuition increases were too much.

"It has gotten so bad, that people said that anything — any kind of predictability — would be good," Joyce told The New York Times.

# Approach of Mars has Earth looking up

Bob Groves  
The Record  
(Bergen County, N.J.)

**HACKENSACK, N.J.** (ART) — Paul Contursi has his heart set on people going to Mars. For now, he will have to settle for the next best thing.

On Aug. 27, Mars will swing nearer to Earth than it has been in almost 60,000 years, affording a rare, close-up peek at our colorful next-door neighbor.

"Everybody with a telescope will be out that night, if the weather's good," said Contursi, president of the Mars Society of New York.

"It's the closest we'll be to Mars, until we send people there," said Contursi, part of an international group that wants mankind to explore — and even inhabit — the Red Planet.

Contursi and other astronomers expect "fabulous views" of Mars in the days before and after Aug. 27, when it comes within a scant 34.6 million miles of Earth, and on Aug. 28, when the two planets are in "direct opposition." This occurs when Earth passes between Mars and the sun, and the three bodies are perfectly aligned opposite each other.

On Aug. 27, Earth and Mars — the third and fourth planets, respectively, from the sun — will be closest to each other at 5:51 a.m. That day will be "the best opportunity anybody will ever have" for seeing Mars, said Michael Bakich, associate editor of Astronomy magazine in Wisconsin.

To the naked eye, however,

"Mars will still only appear the size of a quarter 650 feet away. That's why we'll need telescopes" to view the Martian landscape, Bakich said. Amateur astronomers often use colored filters on their telescopes to highlight different details of the Martian terrain, he said.

Mars takes about twice as long as Earth to orbit the sun, which brings the two planets — which range from 35 million to 63 million miles apart — into opposition every 26 months. But because their orbits are elliptical, or egg-shaped, they will not be this close again until the year 2287, Bakich said.

By Aug. 27, Mars will be about twice as bright as Sirius, the brightest star in the sky, said Andy Monka, president of the Sheep Hill Astronomical Association, which maintains a small observatory in Boonton, N.J. When it first appeared in the sky last winter, Mars was only about one-sixth as bright as Sirius, Monka said.

Through a 75-power telescope, Mars will appear the size of the moon, said Monka, 49, of Denville, N.J. The view of Martian mountains and the southern polar ice cap "ought to be spectacular, as long as there are not dust storms on Mars, or clouds on Earth," he said.

Astronomers are excited about the Mars opposition because "the closer you can get, the more detail you can see," said Monka, who designs medical computer software. Mars is particularly fascinating because "it's probably the closest planet in our solar system to being Earth-like," he said.

## RETAIL

CONTINUED FROM PAGE 3

2004, Tindall said.

"It's not that were just opening stores," Tindall said. "It's the caliber of stores that we are opening that is really significant."

Ernie Tessone, financial director of the city attributed last year's arrival of big dollar-generating stores like Best Buy and Old Navy to having boosted the city's budget. When a community can attract big name stores into the community it can also bring outside consumers into the city.

"Not only do the stores generate

gross receipts from the sales that we can get taxes from, but also, those people that travel distances will probably eat," Tessone said. "They are going to inhabit the restaurants and also other stores, as well."

The City of Carbondale's budget is based on projected on expected sales tax. The FY 2002 budget compared to the FY 2003 budget was up slightly over 4 percent. The new projected budget for FY2004 is up an additional 3.6 percent, Tessone said.

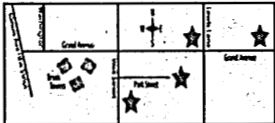
The State of Illinois collects the sales tax from the gross receipts from all the businesses; the sales tax is then redistributed to all the municipalities and to all the counties, said Tessone.

The sales tax in Carbondale is 7.25 percent of which 5 percent belongs to the State of Illinois. The remaining 2.25 percent of the sales tax is redistributed into the county and the City of Carbondale.

Jackson County receives .25 percent, while the city of Carbondale gets one percent municipal sales tax and one percent home rule tax.

Of the two percent sales tax the City of Carbondale directly receives, .25 percent is given to the Carbondale Community High School to pay off the bond they issued to build the new school. Of the total 7.25 percent sales tax the city of Carbondale retains 1.75 percent.

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# Army begins incinerating nerve agents in Alabama

Mario F. Cattabiani  
 Knight Ridder Newspapers

ANNISTON, Ala. (KRT) — Birds are not dropping from the skies. There are no chemical clouds hovering darkly. But Evelyn Ervin can't seem to shake those possibilities.

"It's scary. They say it's safe, but who really knows?" said Ervin, 78, as she sat on her home's porch swing, near the gates of the Anniston Army Depot. "Who knows what that stuff can do?"

That "stuff" includes sarin nerve agent, mustard gas, and other lethal chemicals packed into hundreds of thousands of rockets and artillery shells, part of the United States' Cold War arsenal.

After years of legal delays, the Army this month began the controversial process of incinerating the stockpiled munitions, which have been stored on this site in eastern Alabama for four decades. This will mark the first time in the nation's history that incineration alone has been used to destroy chemical weapons near a populated area, experts say.

On Saturday, Aug. 9, when it got under way, the process worked as planned. Over that weekend, the Army incinerated 10 M55s, 6 1/2-foot-long rockets made of fiberglass and aluminum and filled with sarin. But problems with the hydraulic and cooling systems forced the process to shut down on Aug. 11 and 12. At no time were chemicals at risk of entering the atmosphere, said Mike Abrams, the depot's spokesman.

Burning has resumed. Still, the early problems have only handed more ammunition to foes of the

process, who lost a last-ditch attempt in federal court to block the burning.

"It gives us even more cause for concern," said Craig Williams, executive director of the Kentucky-based Chemical Weapons Working Group. "They spent a billion dollars getting ready to go, and they operated for just 48 hours. It proves this technology is not what has been advertised."

Between 1961 and 1968, the Anniston site took in 661,529 weapons containing 2,253 tons of chemical agents. They were stored in concrete-reinforced, earth-covered bunkers in an 800-acre corner of the sprawling Army depot.

Army officials insist that the incineration process is the most advanced and well-tested method of disposing of such a stockpile.

"Virtually fail-safe" is how Abrams described it.

"There are 750 of us working out there," he said, "and none of us are suicidal."

In the process, holes are punched into each weapon to drain its chemical contents. The weapon is then chopped into eight pieces and fed into a 1,100-degree furnace, which burns off any last chemical traces. The drained chemicals go into a holding tank, and they will be burned separately in a large batch, likely in late fall.

The Army has used the process before, but in more remote locations — on Johnston Atoll, a small island in the Pacific Ocean, and in the desert near Tooele, Utah.

The Army is testing another incinerator near Pine Bluff, Ark., and is expected to begin burning

chemical weapons there late next year.

Opponents, however, want the government to use another method in Anniston, a process known as neutralization. In that method, water and other chemicals are used to dilute and deactivate the toxic substances. It is being used at the Aberdeen Proving Ground in Maryland.

In the 1970s, the military used a dual process of burning and neutralizing chemicals at a site eight miles from Denver.

Supporters of incineration, including Alabama Gov. Bob Riley, believe that the greater danger in Anniston would be doing nothing, allowing the aging weapons to leak or, worse, fall into the hands of terrorists.

"The safest thing is to destroy them as quickly as possible and get them out of the community," said Riley, who represented the region for six years in Congress before becoming governor in January.


Charles Steele, who runs the depot's community outreach office in downtown Anniston — a large storefront full of handouts, models and reams of studies showing the process to be safe — equated the weapons to a pit of rattlesnakes in a backyard.

"You may know they can never get out," he said, "but wouldn't you feel better if they weren't there?"

Bertha Pearce would. She lives just down the road from the depot's front gates.


"I trust they know what they are doing," she said. "I just want those things gone."

Critics, however, say that it is only a matter of time before their worst fears are realized.




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approx. 25 characters per line  
Copy Deadline  
2:00 p.m.  
1 day prior to publication  
Office Hours:  
Mon-Fri  
8:00 am - 4:30pm

### FOR SALE

55001 POLICE IMPOUNDS!  
Cars/trucks/SUVs from 55001 For listings 1-800-319-3023 ext 4642.

1988 DODGE COLT-VISTA Wagon, dark blue, 4 cyl, exc gas mileage, 1 owner, non-smoker, a/c, auto, new engine, trans, 5800 carburetor, seats 7, 5 door hatchback, 13175 obo, call 829-4655.

1990 BUICK REGAL, runs good, new transmission, white, all power, a lot of new parts, asking 1500, 658-9131.

1991 CHEVY LUMINA, beige, 4 dr, new tires & brakes, exc cond, 17,500, call 518-331-8538.

1993 OLDS CUTLASS Sierra S, 4 dr, 60,xxx, a/c, new tires & battery, cruise control, power windows, seats & locks, runs great, \$2,200 CBO, NRVSS at 618-549-4355.

1994 PLYMOUTH VOYAGER mini van, 7 seat, 6 cyl, 112,xxx ml, no a/c, \$1200 obo, 629-9450.

1995 CHRYSLER LH5, fully loaded, very nice, 24 extras, 98,xxx ml, \$5500, 997-4736.

1995 HONDA CIVIC, 4dr, 5 speed, am fm cassette, cold air, very good cond, 139xxx, \$3500 obo, 543-4694.

1996 MAZDA 626 lx, 4 dr, 5 spd, one owner, perfect body condition, exc cond, \$3,850, call 549-1620.

1998 PONTIAC GRAND-AM, Champagne, great cond, 100,xxx ml, \$4,500 obo, call 684-6177.

93 DODGE SHADOW es 3 dr lift, blk coupe, 4spd, auto v6, 68,000 mi, new tires, 1 owner, \$2500, 457-4541.

### Auto

### FOR SALE

Auto

1990 BUICK REGAL, runs good, new transmission, white, all power, a lot of new parts, asking 1500, 658-9131.

1991 CHEVY LUMINA, beige, 4 dr, new tires & brakes, exc cond, 17,500, call 518-331-8538.

1993 OLDS CUTLASS Sierra S, 4 dr, 60,xxx, a/c, new tires & battery, cruise control, power windows, seats & locks, runs great, \$2,200 CBO, NRVSS at 618-549-4355.

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1996 MAZDA 626 lx, 4 dr, 5 spd, one owner, perfect body condition, exc cond, \$3,850, call 549-1620.

### CLASSIFIED DISPLAY ADVERTISING OPEN RATE

### CLASSIFIED LINE

### FOR SALE

### Auto

### Auto

### Auto

### Auto

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### Auto

### Auto

### Auto

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### Auto

### Furniture

B & K USED FURNITURE 4 miles west of Marion on old 13 at 148, next door to Wye Supply, one of the largest used furniture stores in the area, 993-9088.

BUYING & SELLING USED furniture, antiques, & collectibles call 629-0015 or 2014694.

FOR SALE BEDS, chest, sofa, end table, lamp, love seat, tv, microwave, w/d, range, etc., 529-3874.

SPIDER WEBS, buy & sell furniture & collectibles, Old Rt 51 south of Carbondale, 549-1782.

TWIN BED \$40, Queen sized mattress \$35, TV/VCR shelving \$15, computer desk \$20, coffee/end table \$5, plastic shelving \$7, lamp \$4, microwave \$15, dishes, 549-2898.

TWIN WATER BED frame, extended length & heater, \$200, 684-3877.

### Appliances

!!!!!!! AIR CONDITIONERS !!!!!  
5000 BTU-\$45, 10000 - \$125, 18000 - \$185, 26000 - \$265, call 529-5290.

\$100 EACH WASHER, dryer, refrigerator, stove & freezer (90 day warranty) Able Appliances 457-7767.

24,000 BTU 2 ton, wall or window unit, \$250, 457-8998.

ACS-WINDOW-small-\$45, medium-\$125, large-\$190, 90 day warranty, Able Appliances, 457-7767

GAS DRYER for sale for \$75 obo or will trade for electric dryer call 217-620-6672.

REFRIGERATOR FROST FREE \$125, washer & dryer \$200, stove \$100, window a/c \$50, 457-6372.

USED APPLIANCES, All fully guar, Mid America Service 210 W Willow St. Carole, IL 529-1411.

### Musical

GUITAR LESSONS Call Bryan for more info, 924-4899 lv mess.

### Insurance

All Drivers  
Auto - Home - Motorcycle  
SR - 22 Filings  
Monthly Payment Plans  
Jim Simpson Insurance  
549-2189

### TIGHT BUDGET?

• Furnished •  
• Decorated •  
• Washer & Dryer •  
Starting at \$240 per month.

Park Circle, College Arbor,  
or Oak Hills  
Woodruff Management  
457-3321

### Back to School Furniture

Well kept used furniture from the Comfort Inn Marion, IL.

- Recliners - \$29/ea.
- Stand-up lamps with glass tray - \$15/ea.
- Large Lamps - \$9/ea.
- Small Lamps - \$5/ea.
- Bedspreads, pictures, drapes, new carpet, misc.

Look for gray trailer at intersection of Main Street & Halfway Road Marion, IL.

Hours:  
2pm - 6pm M-F  
7am - Noon Sat.

### Computers

COMPUTER PROBLEMS? I can help you, 6 years exp in computer skills, A+ & N+ certified, cheap prices, exc references, call Brian 351-0351.

SIU APPLE SALES Center, call 455-8987, macstore@siu.edu, educational discounts avail, apple.siu.edu.

### Yard Sales

HUGE YARD SALE, c'dale pavilion on town square, saturday Aug 23, 7am-noon, furniture, appt & much more, proceeds go to charity.

### FOR RENT

### Rooms

3 BDRM HOME, for two mature males, 7 mi from SIU, uti, w/d, eat-in kitchen, \$595/mo, 895-6603.

NICE, \$170 or \$180 + uti & \$800 sec dep, use of house & yard, Ref req, 509 N Oakland, 914-844-4649.

PRIVATE DORM, 1/2 mi from SIU, kitchen, laundry, tv lounge, heat & a/c, only \$210/mo, 549-2631.

SALLING HALL, CLEAN rooms, uti incl, \$210/mo, across from SIU, sem lease, call 529-3833 or 529-3815.

### Roommates

1 MALE, 24 yrs or older, in Southern Hills, no smoking, \$200 + \$100 sec dep, no smoking in apt, email thatcherbert@yahoo.com.

FEMALE NON-SMOKER to share fun spacious home w/d/a, some uti incl, \$200/mo, 687-1774.

FEMALE ROOMMATE NEEDED, 1/2 rent, 1/2 uti, for Aug & through Aug, 457-0906.

FEMALE ROOMMATE NEEDED, quiet MHP, must like dogs, \$250/mo all uti incl, call after 5pm, 988-6991.

### NEED ROOMMATE

to share very nice 3brdm, in Meadow Ridge, w/d 2 other female, w/d, d/w, \$250 incl w/ter, call 924-0239.

ROOMMATE WANTED, 404 W Willow, 1877 mo + half uti, call Katie, 713-5987.

ROOMMATE WANTED, W/D, a/c, clean, quiet neighborhood, 3 brdm, 2 bath, 203-1725 leave a message.

### Sublease

NEED A SUBLEASER for Aug 12th, 2 brdm apt, \$465/mo, quiet neighborhood, call 924-5318.

### Apartment

1 & 2 BDRM HOUSES & APTS, central heating & air, no pets, carpeted, w/d hook-up, 457-7337.

1 APT ONLY, FREE MONTH RENT, studio furnished near SIU, call 457-4422.

1 BDRM APT, close to campus, all uti incl, \$400/mo, avail, mon, days 534-2508, evenings 549-9342.

1 BDRM APTS, furn or unfurn, brood fire, a/c, close to SIU, must be neat and clean, no pets, 457-7782.

### 1 BDRM, 209 N Springer, a/c

\$325/mo, water, trash, lawn, gas paid, 525-2531 or 618-933-5007.

### 1 BDRM, LUXURY apt, near SIU

firm, w/d in apt, BBO grills, 457-4422.

1, 2 & 3 brdm, furn, 5 bks from campus, no pets, students only, 967-8814, lv mess.

2 BDRM \$525, 1 brdm \$400, water, trash, & sewer incl, 613 S Washington behind rec & SIUPD, grad, professional, & International students pref, prepay get 1 mo off, 684-4626.

2 BDRM APTS, 4 plex, furn, ample parking, near SIU, 457-4422.

2 BDRM DUPLEX, GA, 1903 Sunset, \$480/mo, 1 yr lease, no dogs, 549-0081.

2 BDRM STARTING \$275/mo, 1000 sq ft, call now, call 1-800-201-4748 or 924-2915.

2 BDRM, WATER, trash & appl incl, 3 mi s of SIU, \$350/mo + dep, lease, no pets, also, 518 S Poplar, 605 & 609 W College, 529-1820 or 529-3581.

## Bonnie Owen Property Management

Welcome Back to our old & new tenants

# 529-2054

### Tommy Says...

Their loss is your gain!

## G&R Property Management

549-4713

2 Bedroom House close to campus, close to bus stop, \$350 per month

Quality, clean 2 Bedroom units Free water & trash, close to bus stop, starting at \$280 per month

## POSTERS

Movie Posters

Music Posters

Art Posters

"GIANT" SUBWAY POSTERS

Stickers

MOVIE & MUSIC PHOTOS

## POSTERWORLD

East Gate Shopping Center  
549-4025 • Carbondale, IL  
M-F 11-7pm Sat: 12-5pm

3 & 4 BDRM\*, extra large rooms, walk to campus, 2 baths, w/d, no pets, 549-6868 (9am-7pm).

5 MI FROM SIU, country setting, \$400/mo, util incl, avail now, 953-3923.

A GREAT PLACE TO live, 2 bdrm apts, we pay your utility bills, one block from campus, 543-4729.

AN IDEAL RENT, a mobile home from \$200-\$400, don't have sex with roommates live by yourself or one other person, pets ok 529-4444.

APTS AVAILABLE FROM affordable 1 and 2 bdrms, 12 deluxe townhouses, call (877) 985-9234 or 327-3640.

APTS, HOUSES & trailers, close to SIU, 1, 2, 3 & 4 bdrms, no pets, Bryant Rentals 529-1820 or 529-3581.

AWESOME DWELLING ON 2 bdrms apts, as low as \$465, near SIU, details 457-4422.

BEAUTIFUL STUDIO APT, west side of campus, newly remodeled, 457-4422.

NICE NEWER 1 bdrm, furn, carpet, a/c, 1 or 2 people, 509 S Walnut or 313 E Mitl, no pets, 529-3581.

NICE, NEWER, 2 bdrm, furn, carpet, a/c, close to campus, 514 S Walnut, no pets, 529-3581 or 529 1820.

NICE, NEWER, 2 bdrm, furn, carpet, a/c, close to campus, 514 S Walnut, no pets, 529-3581 or 529-1820.

NOW RENTING 4, 3, 2, & 1 bdrms, 549-4808 (9am-7pm) no pets, rental list at 306 W College #4.

REASONABLE PRICE EFFIC, 2 bktos to SIU, special summer rates, 1/2, 1 bdrm Mboro quiet \$250-, 924-3415 or 457-8798.

SOUTHWEST AREA 2 bktos to campus, 2 bdrms, carpet, a/c, water paid, no pets, avail now, 529-3581.

SPACIOUS STUDIO, FULLY furn Apts, a/c, laundry facilities, free parking, water & trash, 549-6990.

STILL A FEW good ones left 1 & 2 bdrms, close to campus we have just what you're looking for parking, laundry, DSL ready (some) come by, we're waiting for YOU Schilling Property Management 635 E Walnut, 618-549-0895.

TOWNE-SIDE WEST APARTMENTS AND HOUSES Paul Bryant Rentals 457-5664.

Cheryl K, Paul, Dave We have you covered! .....

The Dawg House The Daily Egyptian's online housing guide at <http://www.dailyegyptian.com/dawg-house.html>

C'DALE AREA BARGAIN RENT STARTS AT \$230/MO, SPACIOUS, 1 bdrm apt, water & trash incl, a/c, call 684-4145 or 684-8682.

C'DALE LUXURY APT, 2 bdrm, 2 bath, quiet building, SW part of town, ref req, \$875/mo, 457-3544.

COLONIAL APTS, 1433 E Walnut, very clean, basic cable incl, Goss Property Mgmt, 529-2620.

COUNTRY CLEAN 2 bdrm, small pets ok, references, \$450/mo, call Nancy 529-1696.

DOWNTOWN MBORO, NICE 1 & 2 bdrm, water, trash, & lawn included, no dogs, \$200-\$250, 687-1873.

FOR ALL YOUR student housing needs, call 201-6191 renting now for Fall 2003.

FREE APPLIANCES! W most leases, 1 bdrm, \$300/mo, 2 bktos from SIU, laundry on site, pool, internet, Rawlings Street apts, 618-457-8786.

FURN APT CLOSE to campus, free DVD player w/lease, cheap, call Brad 457-4123.

IBRDM, NEW ERA Rd, furnished, \$350 incl, util, a/c, carpool/no children or pets, call 457-8458.

LARGE 2BDRM APT, w/ appt, \$400 dep, \$450 per mo, includes water, non-smokers, no pets, call 687-1755

LG 2 BDRM, w/ex-lg bath, close to SIU, 407 Monroe, incl water, \$500, call 559-8672 or 612-667-8985.

MBORO EFFIC, CLEAN, quiet, walk-in closets, water & trash incl, on site laundry, law students 3 bktos to court house, \$225/mo, 684-5127.

MBORO, 2 BDRM, carpet, a/c, no pets, \$260/mo, call 687-4577 or 967-9202.

NEW RENTAL LIST avail on front porch of office, 508 W Oak, Bryant Rentals, 529-3581 or 529-1820.

NICE 1-2 BDRM UNFURN, great for grad or professional, \$375-\$425/dep, yr lease, no pets, 529-2535.

NICE LG 1 or 2 bdrms, 605 W Oak, quiet neighborhood, no pets, \$300-\$350, 529-1820 or 529-3581.

NEAR CRAB ORCHARD lake, nice 2 bdrm & storage room, quiet area, water & trash, no pets, \$325/mo, 549-7400.

RT 12, BETWEEN Logan & SIU, nice & quiet, 2 bdrm, w/d, dep, yr lease, \$450/mo & up, no pets, 529-2535.

Houses

RENT TO OWN ..... 2-4 bdrm houses, .. Hurry, few avail, Call 549-3850 ..

NICE 1, 2, 3 bdrm houses..... East & West, Make us an offer..... Now, Hurry, call 549-3850!!!!

1 & 2 BDRM HOUSES & APTS, central heating & air, no pets, carpeted, w/d hook-up, 457-7337.

1 BDRM UNFURN, \$400/mo, avail now, pets ok, \$300 dep, call 457-2212.

1439 E WALNUT st, 3 bdrms, w/d hookup, carpet, Goss Property Managers, 529-2620.

2 BDRM HOUSE, furn, near SIU, ample parking, nice yard, 457-4422.

3 & 4 BDRM, large rooms, 2 baths, c/a, w/d, no pets, 549-4808 (9am-7pm), rental list-306 W College #4.

3 BDRM HOUSE, 6228 Country Club Rd, w/d, carpet, a/c, lg yard, shaded & private, \$600/mo, 534-7659.

3 bdrm houses, a/c, lg yd, w/d hook-up, to rent in Aug, for more information call 618-549-2090.

APT, HOUSES, & trailers Fall '03 listing avail, 104 N Almond or call 201-6191.

APTS, HOUSES & trailers, close to SIU, 1, 2, 3 & 4 bdrms, no pets, Bryant Rentals 529-1820 or 529-3581.

RVALI, FALL, 4 BDRM 2 1/2 to 3 bdrms, 2 bdrm, well kept, a/c, w/d, no pets, lease, 529-7516 or 684-5917.

BRAND NEW & newly remodeled on Mt St, all amenities including w/d, c/a, & plenty of parking, please call Junko Okabe at 534-5405.

CARSONDALE, 2 BDRM, lg old house, garage and big yard, pet ok, 510 S. Logan, \$450/mo, 687-2475.

CARBONDALE, 3 BDRM, lg yard, w/d, pets ok, 716 N. McKinley, \$500/mo, 687-2475.

C'DALE 2 BDRM farmhouse, country setting, carport, basement, no pets, no parties, fishing privileges, ref req, \$625/mo, 457-3544.

C'DALE AREA, BARGAIN RENTALS, SPACIOUS 3 bdrm house, w/d, carport, free mow & trash, call 684-4145 or 684-6882.

C'DALE, 3 BDRM, c/a, w/d hookup, basement, no dogs, water/trash incl, 204 E College, \$675/mo, 687-2475.

COUNTRY LIVING 2 mi east, 2 bdrms, hrdwd flrs, nice yard, avail now, 529-3581.

COUNTRY SETTING, 2 bdrm, carpet, gas appl, c/a, pets ok, \$350/mo, after 5pm call 684-5214 or 713-6448, avail now.

DOWN TOWN ALTO pass, 4 bdrm, 2 bath, fenced backyard, spacious, rustic & good storage, \$600/mo, call 529-5039 or 201-4856.

EXECUTIVE HOUSE, 4 Bdrm, basement, 1 acre yard, 7 mi from SIU, satellite, avail now, 985-6603.

HOUSE FOR RENT, 2 bdrm, with 12 acres of pasture, board horses, 15 min from C'dale, please send info to DE Mailcode 6887, box 1000.

JUST BUILT 3BDRM HOUSE, M'boro all new appt, w/d, c/a, \$250/mo, 1/2 util, incl water & trash call Joe (636)938-6599.

MAKANDA/BEAUTIFUL Victorian farm house, largely furn, newly renovated, 3-4 bdrms, each w/separate study, 2 baths, 2 kitchens, multiple decks, a/c, w/d, ample parking, large barn, fabulous views, very quiet, \$900/mo + util, 549-6436.

NEW RENTAL LIST avail on front porch of office, 508 W Oak, Bryant Rentals, 529-3581 or 529-1820.

NICE 3 BDRM, 300 S Dixon, close to SIU, ref, no pets, first, last + dep req, n-457-7108 or c-684-6668.

NICE, UNFURN, 2 bdrm, 2 bath, w/d, hook-up, big yard, \$590/mo + dep, yr lease, 529-2535.

NOW RENTING 4, 3, 2, & 1 bdrms, 549-4808 (9am-7pm) no pets, rental list at 306 W College #4.

PET FRIENDLY RENTALS: reasonable! 1 & 2 bdrms apts & houses in M'boro, 6 mi from SIU, \$225-\$400, 687-2787.

PRIVATE COUNTRY SETTING, 3 bdrm, extra nice, c/a, 2 bath, w/d, 2 decks, no pets 549-4808 (9am-7pm)

TOWNE-SIDE WEST APARTMENTS AND HOUSES Paul Bryant Rentals 457-5664.

Cheryl K, Paul, Dave We have you covered! .....

Mobile Homes \$551 1 BET YOU WILL RENT, look at our 2-3 bdrm, \$250-\$450, pet ok, 529-4444.

MUST SEE! 2 bdrm trailer, \$115/mo & util! bus avail, Hurry, few avail, 549-3850.

1 & 2 BDRM MOBILE HOMES, on SIU bus route, \$225-\$350, water & trash incl, no pets, 549-4471.

1 PERSON, 2 bdrm, private lot, deck, cable ready, lawn provided, lease, \$275/mo, 529-1214.

12X60, 2 BDRM, furn, nice on shaded lot, near the rec center, no pets, ref, 457-7639.

2 & 3 bdrms, nicely decorated & furn, w/d, 3 locations, \$330-\$540/mo, avail May or Aug, no pets, 457-3321.

2 BDRM 1 bath, c/a, w/d, partially furn, 2 blocks from campus, no pets, \$350, 529-1422.

2 BDRM, CLEAN, on SIU bus route, \$230-\$300, absolutely no pets incl water, trash, yd maint call 549-1600.

2 BDRM, UNFURN trailer, \$285/mo, pets ok, no a/c, 457-5631.

3 BDRM DOUBLE wide, air, Pleasant Hill rd, water & trash incl, \$400/mo, days 534-2506, evenings 549-8342.

CARBONDALE, 2 BDRM, located in quiet park, \$165-\$550/mo, call 529-2432 or 684-2663.

C'DALE, \$235/MO, NEWLY RE-MODELED, VERY CLEAN, 1 bdrm duplex, between Logan/SIU, water, trash, lawn care incl, no pets, 529-3674 or 534-4785, rentapartmentincarbonadale.com

C'DALE, 1 BDRM, \$250/mo, 2 bdrm \$250 & up/mo, water, gas, lawn & trash incl, no pets, 618-924-1900.

CLEAN 2 BDRM, close to campus, a/c, w/d, receive a \$50 gift card from Wal-Mart, \$300/mo, no lease, call 559-3390.

COUNTRY LIVING-ON private lake, 10 min from SIU, 3 bdrm, central a/c, 2 full baths, lg yard, possibilities incl lease or purchase option on all or part of 80 acres (2 ponds, abundant wildlife), qualified lessee may apply for caretaker position to oversee farm & rental properties, \$400-\$575/MO, 351-0157.

EXTRA NICE 1,2,3 bdrm small quiet park near campus, furn, a/c, no pets, 549-0491 or 457-0609.

NEW 16X60, 2 full bath, 2 bdrm, c/a, w/d hookup, walk-in closet, \$450/mo, 201-6191.

NEW 2 BDRM 1 bath, super efficient, furn, c/a, d/w, w/d, 2 blocks from campus, no pets, \$475, 529-1422.

NEW 2 BDRM, 2 full bath, super efficient, furn, c/a, d/w, w/d, 2 blocks from campus, no pets \$550, \$59-1422.

NEWLY REMODELED 14 x 60, 2 bdrm, 1 1/2 bath, super insulation package, great location on SIU bus route, furn, c/a, no pets, 549-9491 or 457-0609.

NICE 1 & 2 Bdrms, \$180-\$275, lawn & trash incl, mgmt & maint on site, 549-8000 or 457-5700.

Quiet and Affordable 2 bdrm starting at \$280 Recently remodeled, quiet, safe, private laundry, yard maint provided, lg shaded yd, some pets allowed Schilling Property Management 635 E Walnut 618-549-0695

TWO MILES EAST of C'dale, nice, clean, quiet mobile home, water, trash, lawn care included, NO PETS, tating applications, 549-3043.

VISIT THE DAWG HOUSE THE DAILY EGYPTIAN'S ONLINE HOUSING GUIDE AT <http://www.dailyegyptian.com/dawg-house.html>

WEDGEWOOD HILLS 2 bdrm, furn, c/a, storage, \$380-\$480, no pets, 549-5096.

Wanted to Rent

COMMUTING GRAD student looking to rent room in C'dale 2-3 nights/wk, \$165-250 for details.

Help Wanted

\$250-500 A week, will train to work at home helping the US Government file HUD/FHA Mortgage refunds, no experience necessary, call toll free 1-866-537-2906.

AUTO MECHANIC, PT/FT, apply in person at Auto Best Buy, 214 Health Department Rd.

BARTENDER TRAINEES NEEDED, \$250 a day potential, local positions, 1-800-293-3985 ext 513.

CASHIER & WAITRESS, apply in person at 534 E Main, Egyptian Corp between 3-5pm.

DISABLED PERSON C'DALE needs care to help with in home health care work midlight and daytime shifts available call 351-0652

GIANT CITY LODGE is taking applications to hire Servers, exp pref day shift availability is a plus we are looking for sharp, capable people, call for info, 457-4921.

GYMNASTIC INSTRUCTORS NEEDED, Ultimate Gymnastics Center, call 351-6296.

HOSTESS, SOME LUNCH hours needed. PT, apply in person, Quatro's Pizzeria, 218 W Freeman.

MBORO DAIRY QUEEN, 1700 Walnut, if you worked at Dairy Queen at home, come work for us OR any mature, interested person welcome.

NOW ACCEPTING APPLICATIONS FOR PT del/cashier at Amok's Market, 1 1/2 mi S off hwy 51, no phone calls please.

PART TIME DRIVER w/ own truck or lg van to move furniture and appt. 5.50/ hr gas, call Paul 529-3874.

Southern Illinois Studio Apartments. • Poof Wireless High-Speed Internet is now available • Sophomores, Upper Classmen & Grad Students Welcome • Call for new prices • Rent today for Fall 2003 • Studio units available 2003. Phone: 529-2241 Fax: 351-5782 405 E. College. www.comerstoneproperty.com

Home Rentals Available Fall 2003. www.carbondalerentals.com. One Bedroom: 507 S. Ash #4, 507 S. Ash #13, 509 S. Ash #21, 208 W. Hospital #1. Two Bedroom: 512 S. Beveridge #4, 405 W. Cherry Court, 310 W. College #2, 113 S. Forest, 208 W. Hospital #1, 511 N. Oakland. Three Bedroom: 514 S. Ash #3, 507 S. Beveridge #1, 508 S. Beveridge, 509 S. Beveridge #3, 405 W. Cherry Court. Three Bedroom cont: 300 E. College, 409 W. College #3, 503 W. College #3, 113 S. Forest, 511 S. Hays, 402 E. Hester, 614 S. Logan, 400 W. Oak #1, 511 N. Oakland, 509 S. Rawlings #6. Four Bedroom: 508 S. Ash #1, 508 S. Beveridge, 405 E. College, 113 S. Forest, 402 E. Hester. Five Bedroom: 300 E. College. 529-1082 • 206 W. COLLEGE SUITE 11 • 529-1082

Looking for safe, clean, and quiet housing? Give us a call. Ambassador Hall 457-2212, Forest Hall 457-5631. One block from campus. Utilities and Satellite TV included. Year long or semester contracts. Single rooms available. On site management. Comfortable common areas. Outdoor recreation areas. Still available! GLOBAL HOUSING contract today! www.globalhousing.com

PIZZA COOKS, EXP, neat appearance, apply in person, Quatro's Pizzeria, 218 W Freeman.

PIZZA DELIVERY DRIVER, neat appearance, PT, some lunch hours needed, apply in person, Quatro's Pizzeria, 218 W Freeman.

PT HELP WANTED, heavy lifting req. The Thrift Shop, 215 N Illinois, C Dale.

RETAIL CLERK, MUST be 21, avail breaks & holidays, apply in person, Warehouse Liquor Mart, 829 E Main

SCHOOL BUS DRIVERS pt, & transit drivers pt, must be 21 years of age, clean driving record, able to pass physical drop test, & criminal background test, Beck Bus, 543-2877.

WAITRESSES FOR LUNCH & dinner, guaranteed gratuity, etc wages, apply in person, Jackson Country Club, 6070 Country Club Rd, Murphysboro.

WANTED DANCERS, under new management, The Chalet, Rt 13 on 149, Mboro, apply in person.

Services Offered

GUTTER CLEANING It's nasty, I do it. Call John, 529-7297

HANDYMAN SERVICES, painting, hauling, yard work, roof repair, tree service & much more, 549-2090.

JOHN'S AFFORDABLE HANDY-WORK, professional painting, deck restoration, remodeling, renovations, FULLY INSURED, call 529-3973.

STEVE THE CAR DOCTOR Mobile Mechanic, He makes house calls, 457-7984 or mobile 525-8393.

STORE YOUR STUFF for fall and winter, money storage, 5x10 & 10x10, call 457-4405.

TOP SOIL AVAIL get your top soil in place for fall planting, drive-way rock also avail, call 687-3576, 528-0707.

Wanted

FORD ESCORTS & Ford Taurus' w/ mechanical problems, 1993-present date, 217-534-6069.

Free

FREE, 3 YRS white female cat, has been spayed & dewaxed call 684-5650

Free Pets

FREE TO A good home, Akita lab mixed, 7 months old, call 893-4553.

KITTENS OR PUPPIES to give away? 3 lines for 3 days FREE in the Daily Egyptian Classified!

Found FOUND ADS 3 lines for 3 days FREE! 536-3311

Announcements THE BIGGEST "BACK TO SCHOOL POSTER SALE", biggest & best selection, choose from over 2,000 different images: Fine Art, Music, Models, Movie Posters, Humor, Animals, Black Light, Science Fiction, Personalities, Landscapes, Kids, Photography, Motivational, Most images only \$4, \$7, & \$8 each! See us at HALL OF FAME SQUARE- STUDENT CENTER- 1ST FLOOR- SOUTH ESCALATOR AREA on MONDAY AUG 18TH THROUGH FRI AUG 22ND. The hours are 9 am- 6 pm. This sale is sponsored by STUDENT CENTER CRAFT SHOP.

Spring Break SPRING BREAK 2004 w/ STS, America's #1 Student Tour Operator Jamaica, Mexico, Bahamas, Florida, hiring co-opus repr., group discounts 800-648-4849, www.ststravel.com

Web Sites LOCAL PHOTO PERSONAL ADS www.dawgdates.com FREE membership. No Spam.

\$5 Internet Classifieds Connect Your Ad to the Rest of The World With The Daily Egyptian

HELP WANTED Morning Circulation Driver
\* Distribution of morning circulation route (Monday - Friday)
\* Monitor newspaper usage in local areas
\* Morning 8 a.m. - 10 a.m. work block
\* Must be enrolled fall semester 2003 at SIU for at least 6 credit hours
\* Good driving record a must
Complete a DE employment application available at the DE customer service desk in room 1259, Comm. Bldg. For more info call Andy at 536-3311, ext. 247

WANTED Marion/Herrin Circulation Driver
\* Day Shift.
\* Must have large workblock on Thursdays.
\* Must be enrolled at SIU fall 2003 for at least 6 credit hours.
\* Good driving record a must.
\* Good organizational and customer service skills a must.
Complete a DE employment application available at the DE customer service desk in room 1259, Comm. Bldg. For more info call Andy at 536-3311, ext. 247

Become part of the team
The Daily Egyptian is looking for a qualified student to fill the position of promotions coordinator. This position entails the design and development of all Daily Egyptian in-house promotional advertising as well as special issue promotions and events. Applicants should be skilled in desktop publishing, copy writing, public relations and marketing.
Must be registered at SIU for at least 6 credit hours.
Must be registered for 2003 summer and fall semesters.
P.R., marketing and advertising majors preferred but open to all majors.
Fill out an application at the Daily Egyptian today! 536-3311.

Does your RSO want to make some quick cash?
The Daily Egyptian is looking for student groups to stuff inserts.
For more info call Jerry at 536-3311 ext 229

THE DAWG HOUSE
Your Guide to finding the best place to live
www.dailyegyptian.com/dawghouse.html

2003 CLASSIFIED ADVERTISING POLICY
Please Be Sure To Check Your Classified Advertisement For Errors On The First Day Of Publication

The Daily Egyptian cannot be responsible for more than ONE day's incorrect insertion (no exceptions). Advertisers are responsible for checking their ads for errors on the FIRST day they appear. Advertisers stopping insertions are responsible for checking their ads on the FIRST day they are to cease appearing. The Daily Egyptian will not be responsible for more than one day's insertion for a classified ad that is to be stopped. Errors not the fault of the advertiser which lessen the value of the advertisement will be adjusted.

Classified advertising running with the Daily Egyptian will not be automatically renewed. A callback will be given on the day of expiration. If customer is not at the phone number listed on their account it is the responsibility of the customer to contact the Daily Egyptian for ad renewal.

All classified advertising must be processed before 2 p.m. to appear in the next day's publication. Anything processed after 2 p.m. will go in the following day's publication.

Classified advertising must be paid in advance except for those accounts with established credit. A service charge of \$25.00 will be added to the advertiser's account for every check returned to the Daily Egyptian unpaid by the advertiser's bank. Early cancellations of classified advertisement will be charged a \$2.50 service fee. Any refund under \$2.50 will be forfeited due to the cost of processing.

All advertising submitted to the Daily Egyptian is subject to approval and may be revised, rejected, or cancelled at any time.

The Daily Egyptian assumes no liability if for any reason it becomes necessary to omit any advertisement.

A sample of all mail-order items must be submitted and approved prior to deadline for publication. No ads will be mis-classified.

Place your ad by phone at 618-536-3311 Monday-Friday 8 a.m. to 4:30 p.m. or visit our office in the Communications Building, room 1259.

Advertising-only Fax # 618-453-3248

Daily Egyptian Classified Advertising Order Form
20 Auto 100 Appliances 180 Auctions/Sales 270 Mobile Homes 345 Free 445 Travel
25 Parts & Service 110 Stereo Equip 185 Yard Sales 280 Mobile Home lot 346 Free Pets 450 Personals
30 Motorcycles 115 Musical FOR RENT 290 Comm Property 350 Lost 460 "800" Numbers
40 Bicycles 120 Electronics 200 Rooms 300 Want to Rent 360 Found 480 Web Sites
50 Rec Vehicles 125 Computers 210 Roommates 310 HELP WANTED 370 Rides Needed
60 Homes 130 Cameras 220 Sublease 315 Bus. Opport. 380 Riders Needed
70 Mobile Homes 135 Books 230 Apartments 320 Employ. Wanted 430 Entertainment
80 Real Estate 140 Sport Goods 240 Townhouses 330 Serv. Offered 432 Food
90 Antiques 160 Pets & Supply 250 Duplexes 335 Religious Serv. 435 Announcements
95 Furniture 170 Miscellaneous 260 Houses 340 Wanted 440 Spring Break
Classified Advertising Rates
1 Day....(\$3 line minimum).....\$1.40 per line
3 Days.....\$1.19 per line
5 Days.....\$1.02 per line
10 Days.....\$.87 per line
20 Days.....\$.73 per line
Directions
\* Complete all 6 steps.
\* One letter or number per space.
\* Periods and commas use one space.
\* Skip one space between words.
\* Count any part of a line as a full line.
1 Name \_\_\_\_\_
Address \_\_\_\_\_
Phone # \_\_\_\_\_ Date \_\_\_\_\_
2 Classification # \_\_\_\_\_
3 Run Ad
[ ] 1 Day
[ ] 3 Days
[ ] 5 Days
[ ] 10 Days
[ ] 20 Days
4 Calculating Payment
Multiply total number of lines times cost per line as indicated under rates. For example if you run a five line ad for 5 days, total cost is \$25.50 (\$1.025 lines x 5 days). Add 15¢ per word/per day for bold words and 15¢ per line/per day for centering.
5 [Grid for classification and run ad]
6 Method of Payment
Check or money order enclosed for \$ \_\_\_\_\_
Credit Card # \_\_\_\_\_
Exp. Date \_\_\_\_\_
Amount \$ \_\_\_\_\_
Mail to:
Daily Egyptian
SIUC
Mailcode 6887
Carbondale, IL 62901



**Big Boys Q'n** *"It's All About The Taste"*

**\$5.99** All You Can Eat Buffet  
11-2pm  
Daily

BBQ Spare Ribs (1 lb.)  
Smoked Pork, Smoked Chicken, Mashed Potatoes & Gravy,  
Coleslaw, Baked Beans, Jello, Corn, Green Beans

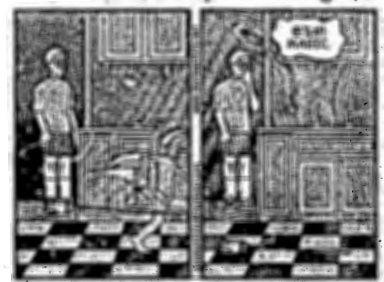
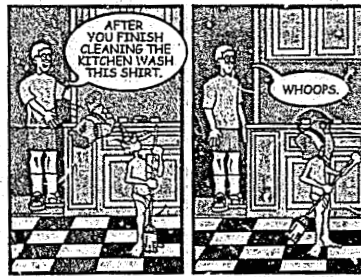
**HOUSE SPECIALS**  
BBQ Cheese Fries \$4.95  
Seasoned fries smothered in cheese and topped with either chicken, pork, or brisket.  
BBQ Wings (9pc)  
Hot or Hotter \$3.75

**Watch For Our Drink Specials**  
Come watch Monday Night Football on our Projection and Bigscreen TV's!

**529-0123**  
104 W. Jackson, Carbondale

**Dormant Life**

by Shane Paneburn



**FREE PASTA!**

*The Pasta House Co.*

**ITALIAN RESTAURANT**  
Purchase one large order of pasta and receive one order of pasta of equal or lesser value FREE!!

Please present coupon when ordering. Gratuity and sales tax not included. University Mall location only. Not valid on lunch, dinner, or pasta specials. Cannot be used with Kids Eat Free. One coupon per customer. Expires September 30, 2003.

**NO APPARENT REASON**

by

BRIAN E. HOLLOWAY

DATING SERVICE: MEN SEEKING WOMEN



Frank is a 43 year old beer can collector who also drinks the beer from the cans. In addition to beer, he also enjoys television. Frank has 93 beer cans so far.

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**Fish Net** **GRAND OPENING GALA!**  
AUG. 23<sup>RD</sup>

Prizes And Aquarium Give A-way

Monday - Saturday 10-7  
549-7211

We are a full line pet shop with all the supplies you need to make your new critter happy!

Savings Every Day On Cages!

The BEST Inventory of Pets & Supplies in Southern Illinois.

Located at the Murdale Shopping Center

**STICKMAN AND JACKAL**

STONCIUS



**PAPA JOHN'S**  
Better Ingredients. Better Pizza.

**LARGE CHEESE PIZZA**

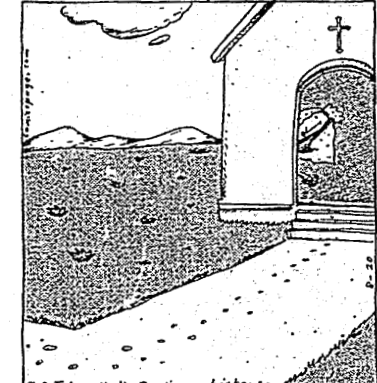
**\$4.99**

\$1.00 EACH ADDITIONAL TOPPING

**549-1111**

Valid only at Carbondale Location. Other fees may apply. Additional toppings extra.  
Expires Aug. 24<sup>th</sup> 03

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Hungry for wedlock, Phyllis leaves a trail of beer nuts behind her ... leading to the church.

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By Linda C. Black

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**DITHERED TWITS** by Stan Waling



**Big Boys Q'n** "It's All About The Taste" 

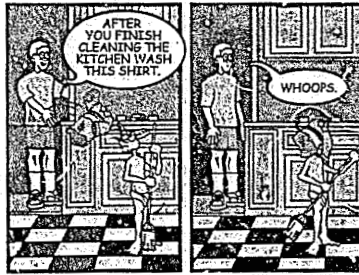
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Daily Smoked Pork, Smoked Chicken, Mashed Potatoes & Gravy, Cole Slaw, Baked Beans, Jelly, Corn, Green Beans

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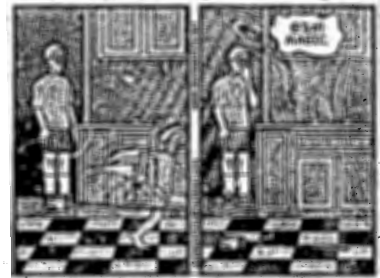
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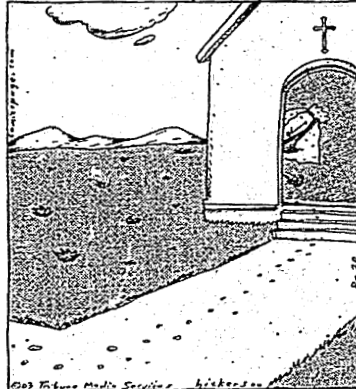
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**PAPA JOHN'S**  
Better Ingredients. Better Pizza.

**LARGE CHEESE PIZZA**

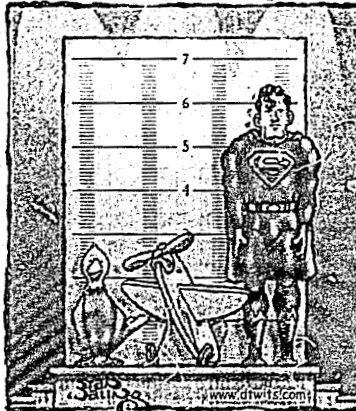
**\$4.99**

\$1<sup>st</sup> EACH ADDITIONAL TOPPING

549-1111

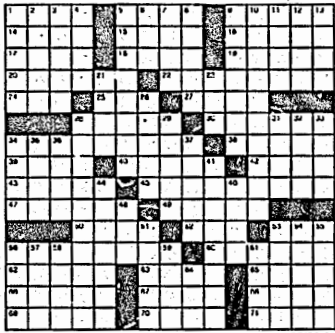
Valid only at Carbondale location. Other fees may apply. Additional toppings extra. Expires Aug. 24<sup>th</sup> 03

**DITHERED TWITS** by Stan Waling



# Crossword

- ACROSS
- 1 Cotton gals
  - 5 Baby bull
  - 9 Water falls
  - 14 Fencer's foil
  - 15 Anaraks, for one
  - 16 Swashbuckler Flynn
  - 17 Camal bag
  - 18 Alan or Floort
  - 19 Kill, old-style
  - 20 Filla
  - 22 Arranged
  - 24 Dread for Reuben
  - 25 Relicent
  - 27 Den
  - 28 Pens
  - 30 Fold
  - 34 Oman, for example
  - 38 'The Mystery of Drood'
  - 39 Charles Lamb
  - 40 Alums
  - 42 Unleaving
  - 43 Talks wildly
  - 45 Tire parts
  - 47 Miko beloved
  - 49 More plissant
  - 50 Made haste
  - 52 Important time
  - 53 Small, horned deer
  - 56 Suave and urbane
  - 59 Wessell's cousin
  - 62 Concerning
  - 63 Assay
  - 65 Applications
  - 66 Hangman's knot
  - 67 Follow secretly
  - 68 Nile queen, briefly
  - 69 Fed the kicy
  - 70 Grand Ole
  - 71 Towel word



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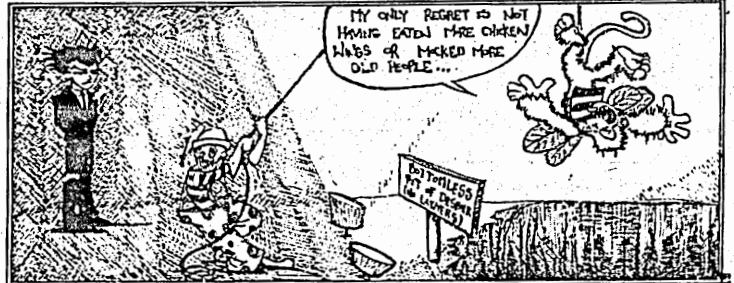
- DOWN
- 1 Impede
  - 2 Adhesive substance
  - 3 Ms. Davis
  - 4 Finletter
  - 5 Locking horns
  - 6 Trouble
  - 7 Across Cheryl
  - 8 Delicate
  - 9 Breathe
  - 10 Fortified vehicle
  - 11 Eye part
  - 12 Memo
  - 13 Luge
  - 21 Movie dog
  - 23 Pouch-like structure
  - 23 Decade increments
  - 28 Legislature's meeting place
  - 29 Taint
  - 31 MP's quarry
  - 32 Window part
  - 33 Concludes
  - 34 Withered
  - 35 Ude, Russia
  - 36 The Swedish Nightingale
  - 37 Carrie Fisher's father
  - 41 Sub rosa
  - 44 Having been canonized
  - 46 Tear partner
  - 48 Stephen of 'The Crying Game'
  - 51 Same again
  - 53 Bridal path
  - 54 Vietnam's expression
  - 55 Guadalajara bread?
  - 56 Funnymen Carvey
  - 57 Black to Shelley
  - 58 Brit's trunk
  - 59 Harvest
  - 61 A large amount
  - 64 Knight's address

### Solutions

S	E	H	A	R	J	O	A	N	O	E	A	N	V
O	E	S	I	V	I	E	S	O	N				
S	E	S	I	A	S	E	L	I	O	O	E	O	
C	E	N	T	H	E	R	I	N	O	B	E	O	
S	E	V	E	R	O		O	E	I				
S	T	I	N	E									
S	T	I	N	E									
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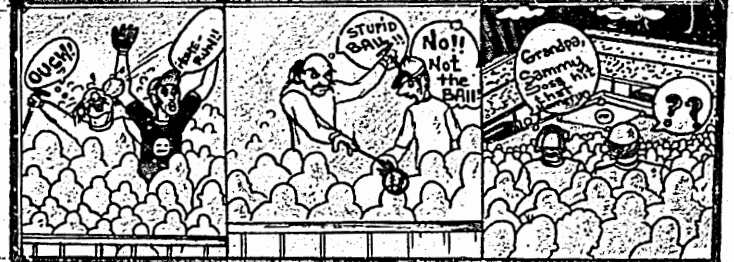
Adam

by J. Tierney



## A day at the ballpark

By: Alex Ayala.



## Sherbert

by Ryan Wiggins



## Rouge Agent

Thomas Shaner



## Girls and Sports

by Justin Borus and Andrew Feinstein



## Duckbumps

Zhen Xu



# Cubs vs. Cards Road Trip

Wednesday, August 27  
 Busch Stadium - St. Louis, MO  
 \$27 per person  
 Includes transportation & game ticket.  
 Tickets at SC Check Cashing and Ticket Office  
 For more info contact SPC Travel at 536-3393

103.5 The X  
 Southern Illinois' NEW Rock Alternative

# Mancow's Morning Madhouse

# THE DAWG HOUSE

Your Guide to finding the best place to live

[www.dailyegyptian.com/dawghouse.html](http://www.dailyegyptian.com/dawghouse.html)

## Tatum remains out until October

Zack Creglow  
Daily Egyptian

SIU's most heralded incoming basketball recruit, Jamaal Tatum, was playing a pickup game on a blacktop court back in his hometown of Jefferson City, Mo.

Expected to be a major contributor this fall, he was trying to keep his game as crisp as he could before his awaited arrival to the Saluki backcourt.

But one swift moment at that pickup game July 5 almost kept him out of practice until mid-November.

After he fell down after a layup, Tatum pushed himself off the court, but a piece of glass that laid on the blacktop pierced his right hand, which with he shoots with.

At first Tatum didn't think much of the cut, but when he couldn't get the bleeding to stop he knew something wasn't right.

"I thought it was going to be fine," Tatum said.

Later that night he went to the emergency room and there the staff administered stitches. But the injury ran more than skin deep, as Tatum had sustained a torn tendon in his hand.

He underwent surgery to repair the tendon on July 16.

"This was pretty severe," Tatum said. "And the surgery was pretty complicated. If the tear went further down, I would have had to have surgery on

my wrist too." If the injury heals correctly, no one expects any foreseeable complications.

Knowing the importance that Tatum will have on SIU's season, head coach Matt Painter had to express the need to be patient.

"He is competitive and wants to get back right way, but with the type of injury he has to be cautious," Painter said. And Tatum has been just that.

With an injury that could have easily kept him out of practice until November, Tatum is ahead of schedule and expected to return Oct. 1.

Until then Painter hopes Tatum takes advantage of the time off and takes the mindset to learn at practice even though he can't compete physically. But Tatum will still try to get in some workouts though.

"It is a setback, definitely," Tatum said. "I am not going to be able to go



ARANDA WHITLOCK - DAILY EGYPTIAN

Freshman guard Jamaal Tatum defends fellow freshman Mike Dale. Tatum had surgery to repair a torn tendon in his right hand recently.

through some individual workouts with my right hand.

"I will just do it left-handed."

Reporter Zack Creglow can be reached at [zcreglow@dailyegyptian.com](mailto:zcreglow@dailyegyptian.com)

## Do you know where your CORE is?

Flowing from a strong center.

• Small Group Classes  
• Starting 9:00

	M	T	W	Th	F
6:30*	Yoga				
7:30*	Yoga				
8:30	JA Pilates		JA Pilates		
12:15-30	JA Pilates		JA Pilates		
1:15-2:15	JA Pilates		JA Pilates		
4:30	A/B Pilates		A/B Pilates		
5:45	A/B Pilates		A/B Pilates		



### Special Programs

- Gait analysis: walk, jog and run better
- Awareness & Prevention of Osteoporosis using Pilates techniques: increase bone density
- Initial consultation: Posture & Functional assessments & class placement.

### Balance Plates & Fitness Studio

1400 West Side Center Ste. G

251-9923

Next to Smith Dodge

present this ad for student/senior discount

**WATCH ALL CARDINALS, CUBS & SOX GAMES HERE!**

**TUESDAY — WEDNESDAY**

**\$1.50 Nite**

**YOU CALL IT!**

DOMESTIC BOTTLES & SPEEDRAILS  
\$3.50 JAGER BOMBS

**THURSDAY**

live music with...

**Brat Pack**

\$2 STOLI FLAVORS & SAILOR JERRY'S  
\$1.75 AMSTEL, HEINEKEN, CORONA • \$1.50 RAILS

**FRIDAY**

**Mike and Joe**

\$2 CAPTAIN & JACK  
\$1.75 ALL MICHELOB BOTTLES  
GREAT DRINK SPECIALS \$1.50 COPPER DRAFTS

**SATURDAY**

live music with...

**Then Again**

\$2.50 LONG ISLANDS • \$1.75 BUD, COORS LIGHT  
\$2 ALL BACARDI FLAVORS  
\$2 MOOSEHEAD BOTTLES

700 EAST GRAND AVE. CARBONDALE • 549-3348

## SOFTBALL

CONTINUED FROM PAGE 20

"We're very excited about going to Hawaii for the Malihini Tournament and the great competition that we'll face," Blaylock said. "It's a reward for the kids that bought into coming to SIU."

The final tournament for SIU is the Saluki Round Robin March 13-14 which will include Kansas, DePaul, Tennessee Tech and Illinois State.

The non-conference slate is a strong one for SIU and includes home games against Southeast Missouri State (Mar. 25) and Saint Louis (April 14) and road contests at Hawaii (Mar. 9), UT-Martin (April 1), Kansas (April 19) and Illinois (April 27).

The Salukis start MVC play March 20 when Northern Iowa comes to town for a three-game series.

Other MVC schools making the trek to Carbondale this year include

Evansville (April 7), Illinois State (April 10-11), Creighton (April 24-25) and Indiana State (May 8-9). The Salukis go on the road for matchups against Drake (March 27-28), Southwest Missouri State (April 3-4), Wichita State (April 17-18), Bradley (May 1-2) and a second go-around against Evansville (April 22).

Blaylock said the MVC schedule should be tougher than usual and she hopes the early season tests will pay off.

"Our conference this year is probably the most loaded in the 14 years since I've been here," Blaylock said. "I know that's a bold prediction, but I truly believe that Illinois State, Creighton, Evansville, Wichita State, SMS and SIU could do something."

One benefit to the schedule for the team is that SIU will not have to leave the state of Illinois after April 22. The Salukis' final 11 regular season games include six home games against

Creighton and Indiana State, a two-game series in Champaign against Illinois and a three-game stint against Bradley in Peoria.

In addition to these games, the MVC Tournament will be held at SIU's Charlotte West Stadium-Rochman Field starting on May 13.

While the Salukis will not get to play meaningful games until February, they will be able to get in some game action before then.

The first chance to play for the Salukis will be during a trifecta of fall tournaments. SIU starts things off with the Saluki Invite on Sept. 13-14.

The other two tournaments are the Saint Louis Tournament in Kirkwood, Mo., Sept. 21-22 and the Stone City Tournament in Joliet on Sept. 27-28.

Reporter Jens Deju can be reached at [jdeju@dailyegyptian.com](mailto:jdeju@dailyegyptian.com)

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## GUEST COMMENTARY

### Going out with a bang

A season is judged by wins and losses, but sometimes the journey through those wins and losses can tell more about a person or team.

College football is different than high school football. At the young age of 18, I thought things would be different. In reality, everything was different, but the football always stayed the same.

The game of football is the only reason I stayed on this campus. Whenever I wanted to transfer or leave, I could never do it. Football is much more a part of me than I know.

College football players are a different breed. For four years, football encompasses our total lifestyle. In those four short years, a boy transforms into a man both physically and mentally.

My freshman year ended with a 5-6 record and signs of improvement. Unfortunately, our following season ended with disappointment and Coach Quarless was fired. Then came Coach Kill, and now the program is definitely on the rise.

Last year was one of the most depressing times of my life. I was unable to help the team and was doubtful of my return. The Salukis had a great year, and defeating Western Illinois for the first time in 18 years was a great accomplishment.

The team that is preparing for the 2003 season is different from all the rest. Never before have I been a part of a team that works so hard and says so little. For the last eight months, we've been preparing to take the field. Waking up at 6:30 a.m. in freezing cold weather to run laps at McAndrew Stadium would probably bring some grumbling, but nothing was heard.



Deep thoughts from ...

BY TOMMY KOUTSOS  
senior, SIU football

More than half the team stayed in Carbondale this summer to train and prepare for this season. training every day at 6:30 a.m. and even at night. Players cramming as many teammates into their houses so everyone had a place to sleep.

No Sunset Concerts. No late-night after-hour sessions. Just football and school.

Who wants to spend their summer like that?

This team is ready to win. Forget about the Thunder and Lightning stuff. Mo and I can't and won't win games on our own. Football is more of a team sport than any other.

The students, faculty and community should be excited about the team that takes the field Aug. 28. Instead of reading articles in this paper from people who probably never put on a jock strap or would piss themselves silly if they were to step foot on a field, come check us out in person.

There are only seven seniors on this team, and three of them are in their fifth year. Coach Kill always says the ones who stay and stick with it will get rewarded.

I think five years is sticking with it, and I'm sure these Salukis will get rewarded.

*Tommy is a senior in advertising. His views do not necessarily reflect those of the DAILY EGYPTIAN.*



Coach Kill's top new recruit

## COMMENTARY

### B-Rob brings hail to SIU's storm

If Muhammad Abdulqaadir and Tom Koutsos conceived a child, it would have the same genetic makeup as fallback Brandon Robinson.

Thankfully for George W., B-Rob was engineered without having to go those distances. Robinson is a well balanced blend of both of SIU's better-known backs, and that makes him the perfect complement. He has more of Koutsos' straight-line running style but also has more of Abdulqaadir's speed.

If Koutsos and Abdulqaadir are "Thunder and Lightning," then that hellacious storm has some hail, too. Robinson hits you hard, and most of the time you never see it coming. Anyone with a working brain who actually cares about football probably knows that Abdulqaadir is the leading returning rusher in the Gateway.

However, most fail to realize that Robinson is the third leading returning rusher in the Gateway. Even more impressive is the fact that the No. 2 man, Western Illinois' Antley Lawson, had 60 more carries and just 68 more yards than Robinson's 727.

Given the same amount of carries as Lawson, Robinson would have ended the season with 1,148 yards. Let's not forget that he also is an invaluable receiver and showed an amazing arm when SIU head coach Jerry Kill pulled something out of his bag of goods.

When SIU players talk about who is the most important player



Step into my world

BY ZACK CREGLAW  
zcreglaw@dailyegyptian.com

on this season's heavily anticipated squad, a common name that pops up is Robinson.

"He's like a utility player in baseball," Koutsos said. "He can do anything you want. You always need a player like that, and that is why we are lucky."

Yet somehow, when the pre-season all-conference voting came out, Robinson was just a footnote on the bottom of the press release under "Honorable Mention."

I understand that the two first-team all-conference backs were the aforementioned tandem of Koutsos and Abdulqaadir. But Robinson is listed on the roster as a fallback, and that is the position he actually plays, but somehow Southwest Missouri State's Nate Schurman was selected as the first-team pick at fallback.

Now, I don't care what his story is.

I don't care what he's over-come and if he is an inspirational story, but I do know he is not as good as Robinson. I don't care if he knocks linebackers flat on their back or if he lives, breathes and sleeps football, but I do know he is not as good as Robinson.

He might be a great guy. He might make a good counselor someday or teach football to blind kids. But that does not make him the same caliber player as B-Rob.

Stats don't mean everything, and sometimes they are overanalyzed. But not when B-Rob has 1,065 career yards and Schurman has 45. Robinson has had runs longer than that.

I am quite positive Schurman or anyone in the Gateway didn't even sniff at the numbers Robinson put up in high school. Robinson did, after all, only rush for 7,303 yards at Heritage High School in Fort Wayne, Ind., which is still the Indiana all-time record.

This is not meant to be an attack on Schurman or SMS but one on the voting committee. Maybe they didn't feel they should have an All-Saluki backfield, but all-conference selections are supposed to be the best player at that position. If that means having a heavy flavor of Saluki in the backfield, so be it.

This snub is a lack of respect to Robinson and his help in turning around the Saluki program. With the credentials Robinson has, media and football enthusiasts should be considering him as the most versatile back in all of Division I-AA football.

I could be wrong, though. Maybe Schurman is due to break out. But I'll take chances believing Koutsos and Abdulqaadir would actually somehow conceive a child before I'll see that happen. And that isn't happening.

## READER COMMENTARY

• LETTERS AND COLUMNS must be typewritten, double-spaced and submitted with author's photo ID. All letters are limited to 300 words and guest columns to 500 words. Any topics are accepted. All are subject to editing.

• We reserve the right to not publish any letter or column.

• LETTERS taken by fax (453-8244) and e-mail (sports@dailyegyptian.com).

• Phone number needed (not for publication) to verify authorship.

STUDENTS must include year and major. FACULTY must include rank and department. NON-ACADEMIC STAFF include position and department. OTHERS include author's hometown.

• Bring letters and guest columns to the DAILY EGYPTIAN newsroom, Communications Building Room 1247.

• The DAILY EGYPTIAN welcomes all content suggestions.

• Letters and columns do not necessarily reflect the views of the DAILY EGYPTIAN.



# MORE USED BOOKS

www.seventen.com

## Bergen finishes eighth in 25k open-water championships

Ethan Erickson  
Daily Egyptian

Saluki sophomore swimmer Briley Bergen finished as the fastest American in the 25-kilometer open-water world championships in July.

Bergen was eighth in the event and 16th in the 10-kilometer event, which took place in the Mediterranean Sea.

The eighth place finish may not have matched Bergen's sixth-place finish in the championships in 2001, but this one was sweeter.

"Looking back on the race, I worked a lot harder for this race to get eighth place," Bergen said. "I'm more proud of getting eighth at this race than sixth at the other one just because the competitors and the field and how the race went."

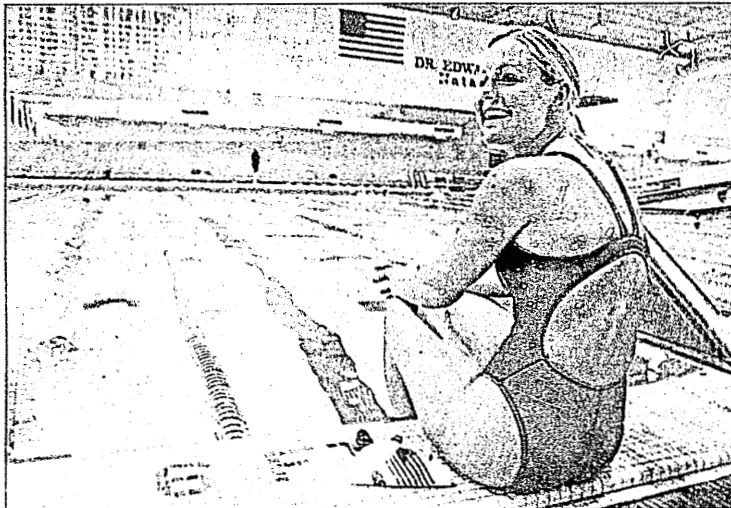
SIU men's swimming and diving head coach Rick Walker, who served as head coach for the U.S. team, called it "by far the best field of marathon swimmers ever put together."

The 25k race, about 15 miles, required Bergen to swim continuously for more than 5 1/2 hours.

She finished the 10k race, which is approximately six miles, in about two hours.

"Physiologically what a one-mile swim is to the body is similar to a three-mile run," Walker said. "So if you figure she's gone on a 15-16 mile swim, that's like going out and doing a 45-mile run. That's how phenomenal just one of those swims is."

SIU women's swimming and diving head coach Jeff Goelz kept



JESSICA EDMOND - DAILY EGYPTIAN

Sophomore swimmer Briley Bergen hangs her feet in the pool at the Recreation Center Monday evening where she spends most of her morning practice with the team. Bergen, who went to Spain this summer to compete in the tenth FINA Open Water World Championship, placed 16th in the 10k and eighth place in the 25k. Bergen said she prefers open-water swimming to pool swimming.

her motivated and hydrated from his post in a nearby eight-foot boat that contained a driver and a race official. Goelz had to give Bergen a replacement cap several times after she lost hers.

"It's an event that goes so long

and is so grueling that it actually requires a coach to be on a boat with them in order to keep them, at times, just alive," Walker said. "Otherwise their body would just fail."

In addition to fighting exhaustion, Bergen also had to persevere

while swimming in a pack most of the way, which means being elbowed, kicked and slammed into by other swimmers. She also had to keep her a lookout for sea life.

"We saw fish," Bergen said. "You always can see fish. The

Mediterranean's very clear so you could see a lot of fish and what not. I didn't see any sharks or anything like that though.

"I saw a lot of jellyfish when we were swimming, though. I didn't get stung though, thank the lord."

Bergen appeared on ESPN and was interviewed by the throng of media outlets present. She was also asked for autographs from onlookers. The exposure not only benefits Bergen, but her university as well.

"We run into a lot of people who are asking questions about SIU," Walker said. "They know that we've got a great international program. They're asking questions about what other academic areas we have, so we get to answer all those. But athletically, it also puts us in touch with a lot of international athletes."

Bergen, who enjoys open-water swimming more than pool swimming, is entering her second year back in the pool after a break to concentrate on open-water swimming. Goelz said the experience should help Bergen advance her indoor swimming career.

"If you know that you've competed with some of the best in the world, I think that it emphasizes and it re-emphasizes that what we're doing must be working because she performed so well," Goelz said.

"So I think that just gives her a good stepping stone to get to the next level at the pool swimming."

Reporter Ethan Erickson  
can be reached at  
erickson@dailyegyptian.com

## SIU softball ready for encore to sweet season

Salukis' schedule features nine 2003 NCAA

Tournament participants

Jens Deju  
Daily Egyptian

After reaching the Sweet 16 in 2002, the SIU men's basketball team had trouble getting quality teams to schedule the Salukis. The softball team, fresh off a Sweet 16 appearance of its own last season, apparently did not face the same problem.

The Salukis' 2004 schedule features nine teams that took part in the 2003 NCAA tournament, including four teams that were either ranked or received votes in the final poll.

SIU, which went 39-14 a year ago before losing to Alabama in the Region VIII championship game, also finished the year ranked, taking

No. 22 in the final poll.

For SIU head coach Kerri Blaylock and her Salukis, who return 14 players from last year's squad, getting the early shot at quality teams is something that can be huge when it comes time to pick the 2004 tournament field.

"We tried to get these NCAA tournament teams on our schedule," Blaylock said in a press release. "Being a mid-major, we have to go out and try to face the best to bump up our RPI and try to get some recognition."

The Salukis will take part in five different tournaments, with two of them being in Carbondale.

SIU kicks off its season by making its third trip to the Triple Crown Classic in St. Augustine, Fla., where the field includes host Central Florida, Georgia, Boston College, Indiana, Marshall, Jacksonville, Stetson, McNeese State and Bethune-Cookman.

Blaylock said the Salukis have learned to love the Triple Crown Classic since it not only allows the team to escape the cold of Carbondale for

the heat of Florida, but it also grants them the opportunity to face quality competition right from the start.

"I think playing the great teams early in the year helped solidify us as an at-large team last season and that's critical," Blaylock said. "We also should be able to go toe-to-toe with these teams. We've played in a regional final and had that pressure so we should be ready."

The Salukis next head to the Ole Miss Tournament Feb. 14-15 in Oxford, Miss. This field includes Mississippi, Tulsa, Illinois-Chicago, Indiana State and Tennessee-Martin. Following that is the Kay Brechtelsbauer Southern Classic Feb. 28-29 where Indiana and Indiana State will join SIU.

The tropical paradise of Honolulu, Hawaii, is the next stop as the Salukis take part in the Mahini Tournament March 4-7 which will also feature host Hawaii, Long Beach State, the College of Charleston and Siena.

DATE	TEAM	LOCATION
2-8	TRIPLE CROWN INVITATIONAL	ST. AUGUSTINE, FLA.
2-14-15	OLE MISS TOURNAMENT	OXFORD, MISS.
2-28-29	KAY BRECHTELSBAUER SOUTHERN CLASSIC	CARROLLTON, MISS.
3-4-7	MAHINI TOURNAMENT	HONOLULU, HAWAII
3-13-34	SALUKI FOUNDATION	CARROLLTON, MISS.
3-20-31	NORTHERN IOWA	CARROLLTON, MISS.
3-25	SOUTHEAST MISSOURI STATE	CARROLLTON, MISS.
3-27-31	OHIO	DES MOINES, IOWA
4-1	TENNESSEE-MARTIN	MARTIN, TENN.
4-14-15	SOUTHWEST MISSOURI STATE	SPRINGFIELD, MISS.
4-17	EVANSVILLE	CARROLLTON, MISS.
4-18-19	KANSAS	CARROLLTON, MISS.
4-20	EVANSVILLE	EVANSVILLE, IND.
4-24-25	OHIO STATE	CARROLLTON, MISS.
4-27	KANSAS	CHAMPAIGN, ILL.
4-28-29	INDIANA STATE	INDIANAPOLIS, IND.
5-8-55	INDIANA STATE	CARROLLTON, MISS.
5-13-515	BYU TOURNAMENT	CARROLLTON, MISS.
5-20-523	NCAA REGIONAL	IRVING, TEX.
5-27-521	COLLEGE WORLD SERIES	DALLAS, TEX.

See SOFTBALL, page 18

SEAN LEWIS - DAILY EGYPTIAN

See complete listing of events in tomorrow's DE!

Fun-filled day of events!

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STUDENT CENTER

Thursday, August 21

# Intramural Sports

## Fun for Everyone!!

Competing, exercising, and socializing are just some of the benefits from participating in *Intramural Sports*. Maybe you are looking to play a sport that wasn't offered in high school? All year long Intramural Sports will keep your competitive drive in high gear with its wide variety of sports and leagues.

Do you think that you aren't athletic enough or don't know how to play a certain sport? Well, no more excuses! Three

levels of play including novice, intermediate, and advanced ensure everyone can participate and have fun. Both individual and team sports are offered with men's, women's, and co-rec leagues in most sports.

Basketball, volleyball, wallyball, softball, and flag football are some of the traditional team sports you can play. Individual and dual events include table tennis, racquetball, and wrestling. Want to get away from the traditional? Sign up for innertube waterpolo or team handball. Whatever your sport interest, you can be sure that we have an outlet for you! To sign up, go to the SRC Information Desk or check out our website at [www.siu.edu/~oirs](http://www.siu.edu/~oirs) to see our sports calendar with a complete list of registration dates and instructions.

### Need a Job?

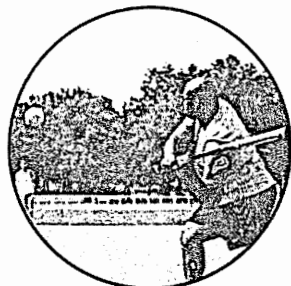
More than just a fun time, Intramural officials will learn valuable leadership and decision making skills. This student worker position will give you an opportunity to meet people, learn more about sports, practice self-discipline, and earn money. For more information call 453-1273 or stop by the OIRS Administrative Offices on the upper level of the Student Recreation Center.



### Officials needed for Intramural Sports.

#### Interested?

Attend the officials meeting on Wednesday, August 20, 2003 at 7:00 pm in the Alumni Lounge, upper level of the Student Recreation Center. This is a paid student worker position. No experience necessary. Training is provided.



Cut this section out and post it on your refrigerator for easy reference!

### Intramural Sports Fall 2003 Schedule

Team Sports	Rosters Available	Captains' Meeting
Volleyball	8/19-9/02	9/02
Softball Practice League	8/19-9/02	9/02
Flag Football	8/25-9/08	9/08
Floor Hockey	9/15-9/29	9/29
Basketball Practice League	9/29-10/13	10/13
Indoor Soccer Tournament	10/28-11/10	11/10

Individual/Dual Events	Registration	Schedules Posted
Badminton	9/22-10/02	10/03
Squash	9/30-10/22	10/23

Special Events*	Registration	Tentative Dates
Sport Fest (see Student Resident Advisor)		8/24
Home Run Derby	9/09-9/23	9/23
Turkey Trot 3.1 Mile Run/Walk	10/15-11/08	11/08
Sports Trivia Bowl	11/03-11/17	11/19 & 11/20

\* One or two day event

Listed dates & times are tentative.

Rec Check Phone #: 536-6602

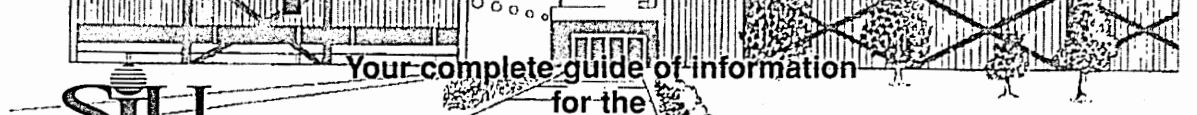
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**Intramural Sports are FREE to ALL SIUC Students!**



Fall 2003

# Campus Recreation



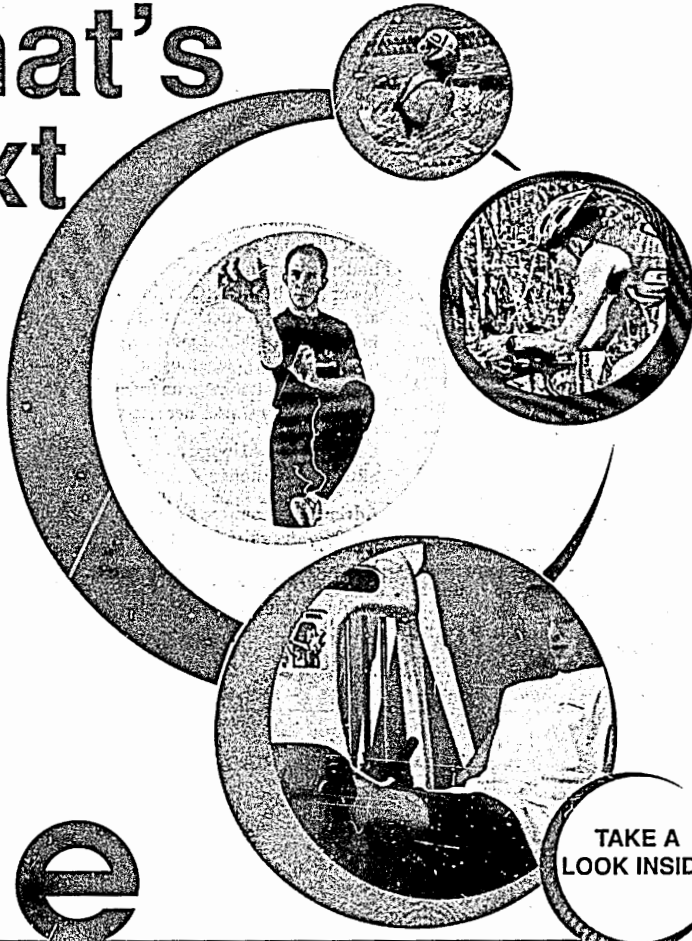
Your complete guide of information  
for the



Office of Intramural-Recreational  
Sports-Student Recreation Center

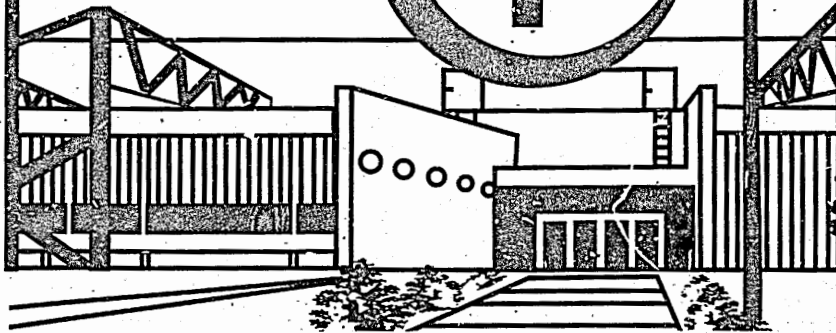
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## What's Next At



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# The Rec?



### Important Phone #'s

- General Info. 536-5531
- Adventure Resource Center 453-1285
- Aquatics 453-1376
- Base Camp 453-1287
- Campus Lake 453-2076
- Disabled Student Recreation 453-1265
- Group Fitness 453-1275
- Instructional Programs 453-1263
- International Student Recreation 453-1267
- Intramural Sports 453-1273
- Racquetball/Squash/Tennis Reservations 453-3020
- Sport Clubs 453-1376
- Sports Medicine 453-1292
- Youth Programs 453-1267

Base Camp . . . . .	Page 2
Outdoor Adventure Programs . . . . .	Page 3
Group Strength Training Health, Fitness, Yoga . . . . .	Page 4
Massage . . . . .	Page 5
Youth Programs . . . . .	Pages 6-7
International Student Recreation, Disabled Student Recreation . . . . .	Page 8
Aquatics/Lifeguard & SCUBA/CPR . . . . .	Page 9
Sports Clubs . . . . .	Pages 10-11
Dance . . . . .	Page 12
Personal Training . . . . .	Page 13
Racquet Sports & Boxing . . . . .	Page 14
T'ai Chi & Kung-Fu . . . . .	Page 15
Aerobics Schedule . . . . .	Page 16
Satellite Facilities . . . . .	Page 17
Sports Medicine & Womens Programs . . . . .	Page 18
Membership Info & Hours of Operation . . . . .	Page 19
Intramural Sports . . . . .	Page 20



# Base Camp

**Experience the Fun!** ARC: 453-1285 Base Camp: 453-1287

**Base Camp Policies**

**Check-Out:** A valid student I.D. or Student Recreation Center membership is required to check-out or reserve equipment. Advance reservations are suggested and may be made up to one month in advance. Reservations must be made in person with full payment due at that time. Reservation cancellations must be made in person at least one Base Camp business day prior to the requested check-out day, or your rental payment will be forfeited. Cash refunds will not be given. Credit vouchers may be issued.

**Rental Fees:** Rental fees may be paid with cash, Mastercard/Visa/Discover, or personal check. No refunds will be made for any equipment rented but not used. See below for equipment available through Base Camp.

**Penalty Fees:** Persons returning equipment after the designated due date will be charged a late fee. Cleaning and drying fees may also be charged. It is suggested that you rent equipment one extra day to allow for clean-

ing. Those who damage or lose equipment will be charged to repair or replace it.

Renters are encouraged to check the condition of all gear before leaving Base Camp. Renters are responsible for the condition of all gear once they leave. If gear is not returned in the same condition as loaned out, the following fees will be assessed:

- Tents \$15
- Sleeping Bags \$ 6
- All other items \$ 5

**Improper Equipment Return:** If rental equipment is not returned during Base Camp hours, an improper return fee will be charged.

**Base Camp Hours:**

- Mon., Tues., Thur., Fri. 3 - 6 pm
- Wednesday CLOSED
- Saturday 10 am - 4 pm
- Sunday 3 - 8 pm

**Climbing Wall**

Take the challenge by climbing the wall at the SRC. The 28-foot high indoor rock climbing wall has adjustable handholds which may be repositioned to alter the difficulty of the climb! You don't

have to be familiar with rock climbing or have your own equipment to use the Climbing Wall. All the equipment you will need is provided. Climbing is allowed only when supervisors are present. Climbing instruction is also available.

**Climbing Wall Hours:**

- Mon. and Wed. 7:00 - 9:00 pm
- Tues. and Thur. 6:00 - 8:00 pm

**Climbing Roof**

Getting the hang of climbing upside down is easy with the Climbing Roof System. The Climbing Roof is an inverted rock climbing facility located under the central staircase in the lower level of the SRC. Helmets are available for check-out at the Equipment Desk and must be worn at all times when using the Climbing Roof. No instruction or supervision is necessary.

**Climbing Roof Hours:**

SRC building hours

**Adventure Resource Center**

Let the Adventure Resource Center (ARC) introduce you to many of the unique features of southern Illinois. The ARC

Office is located on the lower level of the SRC.

**Clinics and Trips:** The ARC sponsors a wide variety of FREE clinics. Rock climbing, kayaking, caving, and backpacking clinics are typically offered each semester. The ARC also organizes day and weekend trips to various lakes, parks, and wilderness areas.

**Information and Trip Planning:** If you are interested in reading about the "great outdoors," you can browse through dozens of magazines and newsletters in the ARC lounge. Planning a trip? The ARC has a variety of reference materials which can make trip planning easier. The ARC has information on areas both within and outside of Illinois. If you are unable to stop by during office hours, you can call or fill out an information request card, and we will research the areas of interest and mail you the information.

**ARC Hours:**

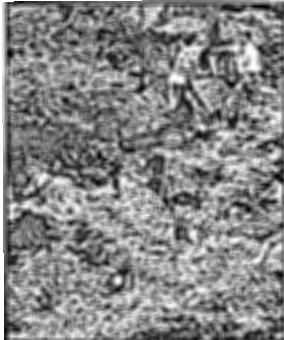
- Mon., Tues., Thurs., Fri. 3-6pm
- Wed., Sat., Sun. CLOSED

Item	Student Day (24 Hrs)	Student Week (7 Days)	SRC Members Day (24 Hrs)	SRC Members Week (7 Days)	Improper Return	Late Fee Per Day
<b>Canoe/Kayak/Equipment</b>						
16ft Canoe Package *	\$8	\$40	\$11	\$55	\$10	\$10
9ft Kayak (One Person) Package**	\$5	\$25	\$7	\$35	\$7	\$7
12ft Kayak (One Person) Package **	\$6	\$30	\$8	\$40	\$8	\$8
16ft Kayak (Tandem) Package ***	\$7	\$35	\$10	\$50	\$9	\$9
Extra P F D Package	\$1	\$5	\$1	\$5	\$3	\$3
Extra Paddle	\$1	\$5	\$1	\$5	\$3	\$3
Canoe / Kayak Car Kit	\$1	\$5	\$1	\$5	\$3	\$3
Dry Bag (Large Backpack)	\$3	\$15	\$4	\$20	\$5	\$5
Dry Bag (Medium)	\$2	\$10	\$3	\$15	\$4	\$4
<b>Hiker's Package ****</b>	\$8	\$40	\$11	\$55	\$10	\$10
<b>Backpacks</b>						
Internal Frame	\$3	\$15	\$4	\$20	\$5	\$5
External Frame	\$3	\$15	\$4	\$20	\$5	\$5
<b>Coolers</b>						
2 Gallon	\$2	\$10	\$3	\$15	\$4	\$4
12 Gallon	\$3	\$15	\$4	\$20	\$5	\$5
<b>Cooking Accessories</b>						
2-Burner Stove	\$3	\$15	\$4	\$20	\$5	\$5
Backpacking Stove (1-burner)	\$2	\$10	\$3	\$15	\$4	\$4
Aluminum Fuel Bottle	\$1	\$5	\$1	\$5	\$3	\$3
Small Cook Kit	\$2	\$10	\$3	\$15	\$4	\$4
Family Cook Kit	\$3	\$15	\$4	\$20	\$5	\$5
<b>Lanterns</b>						
Backpacking Lantern (One mantle)	\$2	\$10	\$3	\$15	\$4	\$4
Two Mantle Lantern	\$2	\$10	\$3	\$15	\$4	\$4
<b>Tents</b>						
2-Person Tent	\$4	\$20	\$6	\$30	\$6	\$6
4-Person Tent	\$5	\$25	\$7	\$35	\$7	\$7
Bivy Sacks	\$4	\$20	\$6	\$30	\$6	\$6
<b>Sleeping Equipment</b>						
0° Sleeping Bag	\$5	\$25	\$7	\$35	\$7	\$7
20° Sleeping Bag	\$4	\$20	\$6	\$30	\$6	\$6
30° Sleeping Bag	\$4	\$20	\$6	\$30	\$6	\$6
Sleeping Pad	\$1	\$5	\$1	\$5	\$3	\$3

\*Includes: 1 canoe, 2 PFDs, 2 paddles \*\*Includes: 1 kayak, 1 PFD, 1 paddle \*\*\*Includes: 1 kayak, 2 PFDs, 2 paddles \*\*\*\*Includes either internal or external backpack, sleeping bag, and sleeping pad

# Get Outdoors!

## Outdoor Adventure Programs



**Cedar Lake Canoe #141053**  
 Trip Date: Saturday, Sept. 13  
 Mandatory Pre-Trip Meeting:  
 Wednesday, September 10, 7 PM  
 at the ARC\*

Want adventure not far from home? A weekend on Cedar Lake offers a chance to get out, but stay close. We'll find our way to the south end of the lake and port-age onto Little Cedar Lake for a secluded lunch break. The rest of the day will be spent exploring both lakes and fishing if you have a pole and license. No experience needed; a basic canoe instruction will be provided. Prices include transportation, equipment, and guide for the day.  
 Price: S/M/E=\$17 U=\$20



**Bike Tunnel Hill State Trail #141002**  
 Trip Date: Saturday, Sept. 20  
 Mandatory Pre-Trip Meeting:  
 Wednesday, September 17, 7 PM  
 at the ARC\*

This area is heritage rich and offers spectacular sites. Cycling is made easy with a maximal 2% grade made by an age old railroad grade. The main interests will be the tunnel the trail is named for, and a giant trestle bridge. You will learn of the history area along the way from your guide and by visiting the site museum. Prices include all transportation/fuel, and trip leaders. Bicycle must be provided.  
 Price: S/M/E=\$13 U=\$15

**Buffalo River Scenic Canoe Tour #141058**  
 Trip Date: Friday, September 26 to Sunday, September 28  
 Mandatory Pre-Trip Meeting:  
 Wednesday, September 24, 7 PM  
 at the ARC\*

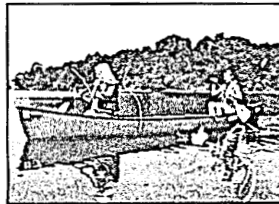
In the very heart of the Ozarks lies the Boston Mountain Range and from that comes the Buffalo National River. As America's first National River, the Buffalo descends nearly 2,000 feet from its source in the mountains creating cliffs higher than any near southern Illinois. Our stay will include two nights at a facilitated National Park Service site, a country side road tour, and of course, a scenic canoe tour. Sit around a campfire, swim in the river, or swing a hammock during your relaxation time. Join us for this most incredible opportunity to seek adventure in a new way. Prices include all transportation, equipment/gear, guides, and fun.  
 Price: S/M/E=\$113 U=\$130

**Rock Climbing at Red River Gorge #142254**

Trip Date: Saturday, October 11 and Sunday, October 12  
 Mandatory Pre-Trip Meeting:  
 Wednesday, October 8, 7 PM at the ARC\*  
 Southern Illinois offers many different areas for climbers, but Kentucky offers one the most premier technical climbing areas in the Midwest. Red River Gorge has climbs for all experience levels and is known for its bouldering capabilities. This is the weekend for the savvy rock climber that wants to camp and talk about the climbs they did that day. No experience needed; talented welcome. Prices include transportation, camping/climbing equipment, and leader.  
 Price: S/M/E=\$76 U=\$86

**Cache River Canoe/Kayak #141052**  
 Trip Date: Saturday, October 18  
 Mandatory Pre-Trip Meeting:  
 Wednesday, October 15, 7 PM at the ARC\*

Not many have explored this area by way of water. This is the only natural remaining cypress swamp in the surrounding area. Choose your weapon: canoe, kayak, or a tandem kayak with a friend. We will snake approximately five miles through the areas swamplands and world record cypress trees. No experience needed for this experience. Prices include equipment, transportation and guide for the day.  
 Price: S/M/E=\$22 U=\$25



**Panther's Den Wilderness Exploration #141055**

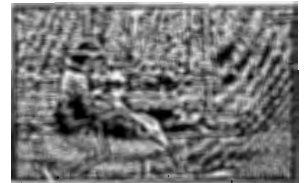
Trip Date: Saturday, October 25 and Sunday, October 26  
 Mandatory Pre-Trip Meeting:  
 Wednesday, October 22, 7 PM at the ARC\*  
 Canoe, camp and hike in the hidden wonders of Panther's Den. Your trip will begin by canoeing the wilderness area and finding a remote campsite. Following your campsite selection, your guide will lead you through the area by foot to nearly untouched areas of natural wonder. No experience needed, a basic canoe instruction will be provided. Prices include all transportation/fuel, equipment, and trip leaders.  
 Price: S/M/E=\$29 U=\$33

**Garden of the Gods Backpacking #141154**  
 Trip Date: Saturday, November 8 and Sunday, November 9  
 Mandatory Pre-Trip Meeting:  
 Wednesday, November 5, 7 PM  
 at the ARC\*

Hear nothing but nature in this environmentally protected wilderness area of the Shawnee National Forest. We will penetrate deep into nature and camp at remote location; bringing only what is strapped to our backs. In two days we will explore much of the wilderness, including parts of the River to River Trail system. Seclusion and relaxation is an objective for this trip. Prices include all transportation/fuel, equipment, and trip leaders.  
 Price: S/M/E=\$33 U=\$38

**Big Muddy River Route Canoeing #141057**  
 Trip Date: Saturday, Nov. 15  
 Mandatory Pre-Trip Meeting:  
 Wednesday, November 12, 7 PM  
 at the ARC\*

For most, this river offers views from high above on the bluff ridges. To us it is a prize for canoeing. We will float along the river bottom bluffs in the area known as the Little Grand Canyon. This area is known for the Great Blue Heron and many other bird species. This day is geared to those who want a lot of sights with little paddling. No experience needed; instruction will be provided. Prices include transportation, canoe equipment and guides for the day.  
 Price: S/M/E=\$20 U=\$23



\*ARC (Adventure Resource Center) is located on the bottom level of the Recreation Center- go past the equipment desk and around the corner to your right- it is across from free-weight room.  
 \* Sign up for trips at Information Desk.



Trips requiring travel are not open to members of the community.

S/M/E=SIUC Student/SRC Member/Emeritus  
 U=SIU Affiliated

# Yoga, Meditation, & Fitness Energizers

## Exercise for the Body, Mind, & Spirit

### Hatha Yoga

#### Beginner (Level 1) #111314

An introduction to the various yoga postures and breathing practices. The focus is concentrated in alignment, coordination of breath and learning how far to go in the stretch and how long to safely hold it without injuring your body.

Section A: Sept. 2 - Oct. 7

Tuesdays, 5:00 - 7:00 pm

Section B: Oct. 14 - Nov. 18,

Tuesdays, 5:00 - 7:00 pm

Location: Racquetball Court #2

Prices: S/M/E = \$33 U/C = \$50\*

Min: 12 Max: 20

Instructor: Jeraldine Frey

### Continuing Students

#### (Levels 2 & 3) #111313

A class for continuing Hatha Yoga students. The focus is on building stamina, strength, and flexibility as more advanced postures are introduced.

Section A: Sept. 4 - Oct. 9

Thursdays, 5:00 - 7:00 pm

Section B: Oct. 16 - Nov. 20

Thursdays, 5:00 - 7:00 pm

Prices: S/M/E = \$33 U/C = \$50\*

Location: Racquetball Court #2

Min: 12 Max: 20

Instructor: Jeraldine Frey  
Purchase 2 sessions and receive a 10% discount

S/M/E = \$59 U/C = \$90

Note: Yoga can improve your physical health by facilitating the integration of your body, mind and spirit. Note: Please come with an empty stomach and wear comfortable, loose clothing to all yoga programs.

### Pilates Mat Work

(pronounced pil-AH-tecs) Looking for a stronger back, flat abdominal muscles, flexibility, strength, and muscular endurance? Look no further. This new mat based class is designed to give you a long, lean dancer's physique as you develop core body strength for everyday activities.

#### Beginning #111260

Section A: Aug. 27 - Oct. 8

Mondays & Wednesdays,

5:30 - 6:30 pm

Exception Date: September 1

Section B: Oct. 13 - Nov. 19

Mondays & Wednesdays,

5:30 - 6:30 pm

Location: Racquetball Court #2

Prices: S/M/E = \$40 U/C = \$57\*

Min: 8 Max: 30

Instructor: Elisa Burke

#### Continuing #111255

Section A: Aug. 27 - Oct. 8

Mondays & Wednesdays,

7:00 - 8:00 pm

Exception Date: September 1

Section B: Oct. 13 - Nov. 19

Mondays & Wednesdays,

7:00 - 8:00 pm

Location: Racquetball Court #2

Prices: S/M/E = \$40 U/C = \$57\*

Min: 8 Max: 30

Instructor: Elisa Burke

Purchase 2 sessions and receive a 10% discount - S/M/E = \$72

U/C = \$102.60

### Ashtanga Yoga

A form of power yoga. It synchronizes movement with breath, building strength, flexibility, endurance, and balance. Most postures are held for only a few breaths before we move on to the next, building internal heat to cleanse the body and focus the mind. Come prepared to sweat! This class is suitable for people of moderate to high fitness levels.

#### Beginning #111153

Section A: Sept. 4 - Oct. 9

Exception Date: September 1

Mondays & Wednesdays,

4:30 - 6:00 pm

Section B: Oct. 14 - Nov. 20

Exception Date: November 4

Mondays & Wednesdays,

4:30 - 6:00 pm

Location: Dance Studio

Prices: S/M/E = \$39 U/C = \$6\*

Min: 12 Max: 30

Instructor: Heather Petty

#### Continuing #111154

Section A: Sept. 2 - Oct. 9

Tuesdays & Thursdays,

5:00 - 6:30 pm

Section B: Oct. 14 - Nov. 20

Tuesdays & Thursdays,

5:00 - 6:30 pm

Location: Dance Studio

Prices: S/M/E = \$39 U/C = \$6\*

Min: 12 Max: 30

Instructor: Heather Petty

Purchase 2 sessions and receive a 10% discount

S/M/E = \$70 U/C = \$100

### Cultivating Mindful

#### Awareness #111331

Meditation is the practice and process of paying attention and focusing your awareness. This class will explore some basic skills that will start you on your path to mindful awareness. As your commitment to meditation deepens, you will experience the benefits of regular meditation practice, such as reduced tension, anxiety and stress and increased understanding and self awareness.

Times: Sept. 9 - Sept. 30

Tuesdays, 7:00 - 8:15 pm

Location: SRC Conference Room

Prices: S/M/E = \$16 U/C = \$33

Min: 8 Max: 20

Instructor: Mati Vargas

### Meditation Medley

#### #111309

A sampling of different styles of meditation to help you relax, reduce stress and help with weight loss. Learn correct posture and breathing techniques and how to overcome barriers to meditation.

Times: Oct. 6 - Dec. 1

(exception date: Nov. 24)

Mondays, 5:15 - 6:15 pm

Location: Room 158

Prices: S/M/E = \$16 U/C = \$26\*

Min: 12 Max: 20

Instructor: Lorie Allen

### Active Adults (ACTAD)

#### #113001

Active Adults is a workout designed for participants age 55 and over. This class is perfect for men and women who want to increase flexibility, improve muscle tone, and increase cardiovascular endurance. Enjoy the com-

pany of fellow 'active adults' while gaining an increased level of fitness.

Times: Aug. 18 - Dec. 12

Exception dates: Sept. 1, Nov. 24,

Nov. 26, Nov. 28

MWF; 8:45 - 9:45 am

Location: SRC Aerobics Room

Prices:

Semester Pass (48 classes) \$91\*

18 classes \$42\*

9 classes \$21\*

Note: If you do not have an SIU Parking decal, you will be issued a decal for Lot 100. Please contact Julie Virgo at 453-1283 or ask your instructor.

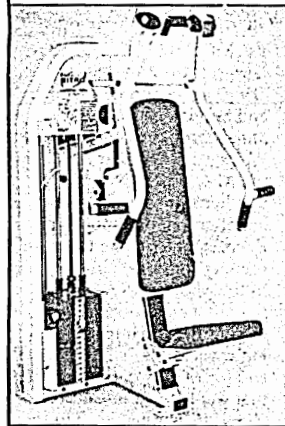
Min: 20 Max: 30

Instructor: Lynne Thompson-Cundiff

\*includes entry into the SRC

## Group Strength Training

### Nautilus Equipment



Section B: September 30 & October 2

Tuesday & Thursday,

5:00 - 6:00 pm

Instructor: Jenna Brunaugh

Location: SRC Fitness Forum

Price Per Session:

S/M/E = \$18 U/C = \$35\*

Min: 4 Max: 6

### Small Group Strength Training

Learn to set realistic goals! A variety of training techniques and programs will be presented for you to choose the one that best fits your needs. (Includes a general orientation about the use of Nautilus equipment)

For Active Adults (Age 55+): (#111258)

September 2 - 18

Tuesdays & Thursdays,

Noon - 1:00 pm

Instructor: Jenna Brunaugh

For women only: (#111257)

October 7 - 23

Tuesdays & Thursdays,

Noon - 1:00 pm

Instructor: Jenna Brunaugh

Location: SRC Fitness Forum

Price: S/M/E = \$36 U/C = \$53\*

Min: 4 Max: 6

\* Includes entry to the SRC.

S/M/E=SIUC Student/SRC Member/Emeritus

U/C=SIU Affiliated/Community

# Massage

## Why Hire A Massage Therapist?

We've all thought it, heard it or said it before, "I need a massage." Massage Therapy provides relief to people from all walks of life. The weekend athlete, the home gardener, the over stressed executive, secretaries, college students, laborers, virtually anyone can feel a need for massage therapy sooner or later. A massage therapist's trained and caring touch can have profound effects on your physical, mental and emotional health. Remember, this is the only body you're going to get. Take great care of it!

### Benefits of Massage To The Quality Of Life:

- \* Instantly stimulates the "Relaxation Response" by promoting deeper, easier breathing.
- \* Reduces head, neck and shoulder tension caused by poor posture, injury, and mind/body stress.
- \* Relieves eye fatigue from long periods of reading by improving circulation & releasing tension around the eyes.
- \* Helps manage stress of note-taking and keyboard typing by rejuvenating tired hands and wrists.
- \* Helps to relax nervous "fight-or-flight" energy which accumulates in the belly region.
- \* Enhances sports performance by promoting increased circulation, flexibility, and reduction of delayed-onset muscle soreness after activity.
- \* May reduce test anxiety.

\* Stimulates the brain's production of beta endorphins, which are natural painkillers.

### On Site Educational and Stress Management Workshops

Our therapists will visit your office or residence hall to help you learn basic massage and stress management techniques to use on yourself or with a partner. For a list of topics and prices, please call 453-1263.



### Massage Therapy:

**Seated "Chair" Massage**  
Offered at the SRC Sports Medicine Office as an excellent opportunity to relieve tension in neck, back, and shoulder muscles. Clients remain fully clothed and no oils are used.

**Chair Massage Prices:**  
15 minutes: S/M/E=\$14 U=\$18\*  
#914316  
30 minutes: S/M/E=\$24 U=\$28\*  
#914315

**Table Massage Prices:**  
(Package Savings of 10%)  
Not: Sections #914320 A, B, and C are packages of 3.  
For treatment of 1 - 3 areas of the body for 30 minutes:

#914317	S/M/E = \$26	U = \$30*
#914320 A	S/M/E = \$70	U = \$81*

**Full Body Massage:**

<b>60 minutes:</b>		
#914318	S/M/E = \$43	U = \$50*
#914320 B	S/M/E = \$116	U = \$135*
<b>90 minutes:</b>		
#914319	S/M/E = \$63	U = \$70*
#914320 C	S/M/E = \$170	U = \$189*

*Each massage therapy package and gift certificate expires four months from months from the date of purchase.*

### Campus Workplace Seated "Chair" Massage:

Increases productivity and morale; makes work literally less of a "pain in the neck" - makes everyone feel so good! Offered at campus workplaces using a special, portable massage chair. Massage therapy in the workplace provides an opportunity to soothe away the effects of work-related stress. Time may be shared. *A great gift idea!*

30 Minutes (#914328): \$45  
45 Minutes (#914329): \$60  
60 Minutes (#914330): \$75

### Table Massage

These massages are done on a specially-designed table in the SRC Sports Medicine Office. A variety of massage techniques will be used. Generally 1-3 areas of the body can be treated in a 30-minute session. A 60- or 90-minute session is appropriate for either a full-body massage or therapy geared toward a client's problem areas.

### The Gift of Massage:

A massage is a great gift anytime of the year but especially for occasions such as:

- Birthdays
- Anniversaries
- Graduations
- Valentine's Day
- Secretaries Day
- Boss's Day
- Employee Appreciation
- Other Special Occasions

*Note:* The price of the massage you choose as a gift is determined by your affiliation, not the affiliation of the recipient.

### Techniques Used:

- Swedish Massage
- Neuromuscular Therapy
- Myofascial Release
- Shiatsu & Acupressure
- Sports Massage
- Reflexology

*For more information about Massage, call 453-1263.*

### Certified Massage Staff:

- Betsy Bishop, LMT, BS, NCTMB
- William (Bill) Connell, LMT, MA
- Sheryl Hinchcliff, LMT
- Steve Horvath, LMT, NCTMB
- Frances (Fran) Holly, LMT, RN, MS

*All of our therapists are licensed by the city of Carbondale and are members of the American Massage Therapy Association.*

S/M/E=SIUC Student/  
SRC Member/Emeritus  
U=SIU Affiliated

*\*The price of a massage includes entry fee to the SRC.*



SALUKI

FINALS FINISH

December 7, 8 & 9

6 pm - Midnight

Student Recreation Center

Giveaways! Workout until midnight!

Study areas!

Free Food & Beverages for all SIUC students!

# 6 Youth Programs

**Y**outh Swim runs for two 5-week sessions at the beginning and midpoint of the semester. Class sizes are kept small to ensure low student-to-teacher ratios. We offer three class times: (A) 9 am - 9:45 am, (B) 10 am - 10:45 am, (C) 11 am - 11:45 am. Each time is open to all levels. Ages listed are a recommendation only. Children should be in levels according to ability not age. Registration is at the Student Recreation Center Information Center. Late Registrations Are Not Accepted For Any Reason.

## Swim Lesson Levels

**Infant-Parent** (ages 6-36 mos.): (#131001/132001):

An introduction for infant and toddler age swimmers in the water.

**Toddler** (ages 3-5 yrs.)

(#131002/132002):

This is an acclimation class for children with no swimming skills. It will help them become

## Swim Lessons for Kids

comfortable in the water and with teacher instruction without the aid of the parent.

**Skills 1** (4-6 yrs.)

(#131003/132003): Helps students become comfortable in and safely enjoy the water.

**Skills 2** (5-8 yrs.)

(#131004/132004): Aids children to achieve success with fundamental water skills.

**Skills 3** (6-9 yrs.)

(#131005/132005): Builds on Skills 2 abilities by providing guidance and practice.

**Skills 4** (6-10 yrs.)

(#131006/132006): Intermediate Strokes develops confidence in the strokes learned previously and improves aquatic skills.

**Skills 5** (7-12 yrs.)

(#131007/132007): Advanced Strokes coordinates and refines key strokes.



**Skills 6** (8-18 yrs.)

(#131008/132008): Advanced skills polishes strokes focusing on ease, efficiency, power, and fluidity over greater distances.

**Session 1: Registration:**

August 5 - September 12

**Program Dates:**

Saturdays, Sept. 13 - Oct. 18

(except October 11)

**Session 2: Registration:**

October 13 - 24

**Program Dates:**

Saturdays, Oct. 25 - Dec. 6

(except November 22 & 29)

**Location:** Pulliam Pool

**Price:** S/M = \$30 U/C = \$35\*

**Registration:** SRC Information

Center

**Family Swim Time** (#133250)

**Dates:** Registration August 5

**Section A:** Sept. 16 - Dec. 2

(except November 25)

**Day and Time:** Tuesdays, 7:30 - 8:30 pm

**Section B:** Sept. 16 - Dec. 2

(except November 25)

**Day and Time:** Tuesdays, 8:30 - 9:30 pm

**Section C:** Sept. 19 - Dec. 5

(except November 28)

**Day and Time:** Fridays, 7:30 - 8:30 pm

**Location:** Pulliam Pool

**Description:** This open-swim time for children and their families is the perfect opportunity to practice swimming skills and simply enjoy warm water in a safe environment. No instruction is offered but lifeguards are provided.

**Price:** \$35 per family

**Registration:** SRC Information Center

**Min. Enrollment:** 4 families

**Max Per Section:** 10 families

## Recreation Programs for Kids

### Youth Aikido

**Ages:** 7 - 15 years old

**Session A:** (#123112/A) -

**Beginning**

**When:** Sept. 4 - Nov. 22

**Time:** Thursdays, 4:45 - 6:00 pm

& Saturdays, 1:00 - 3:00 pm

**Session B:**

(#123112/B) - **Intermediate**

(Prior experience necessary.)

**When:** Sept. 2 - Nov. 22

**Time:** Tuesdays, 4:45 - 6:00 pm

& Saturdays, 1:00 - 3:00 pm

**Where:** Meet in the SRC Alumni

Lounge. The instructor will

escort the class to the Martial

Arts Room.

**Description:** Aikido is a martial art whereby the student develops a strong body and a mind that is calm and free of contentiousness.

It is a physical process with a spiritual result. The actual practice of Aikido, correctly done, is strenuous but not violent, demanding but not rough. The goal is smooth completion of action with no sense of conflict between partners.

**Price:** S/M=\$70 U/C=\$80

**Parents' Night In** (#123301)

**Ages:** 3 - 12 years old

**When:** Sept. 3 - Nov. 14

**Time:** Wednesdays & Fridays,

6:00 - 8:00 pm

**Where:** Sign-in children at Room

158 each Wednesday and Friday

evening.

**Description:** We will provide well supervised, age-appropriate activities for your children while you workout, swim, or study at the Student Recreation Center.

**Price:** S/M=FREE! FREE! FREE!

**Fencing I** (#121114A)

**Age:** 8 - 12 years old

**When:** Sept. 7 - Oct. 12

**Time:** Sundays, 3:00 - 4:00 pm

**Where:** Meet in the SRC Alumni

Lounge. The instructor will

escort participants to the activity

area.

**Description:** This program will introduce classic foil fencing that will develop hand-eye coordination, reflexes, poise and self-confidence. Foil fencing is an exciting sport with a focus on strategy, athletics, friends and fun.

**Price:** S/M=\$30 U/C=\$40

**Fencing II** (#121114B)

**Ages:** 8 - 14

**When:** Oct. 19 - Nov. 16

**Time:** Sundays, 3:00 - 4:00 pm

**Where:** Meet in the SRC Alumni

Lounge. The instructor will escort participants to the activity area.

**Description:** Previous fencing experience needed. New skills will build on previously learned classic foil fencing techniques. Enjoy this exciting sport and work on reflexes, coordination and confidence.

**Price:** S/M=\$30 U/C=\$40

**Youth Pee Wee Tennis**

(#121156)

**Ages:** 4 - 6 years old

**When:** Sept. 6 - Oct. 11

**Time:** Saturdays, 11:00 am -

Noon

**Where:** Meet at the Law School

Tennis Courts.

**Description:** This is a program specifically designed for young children to learn the basics of tennis and to prepare them for the next level. Join us for some action on the courts!

**Price:** S/M=\$38 U/C=\$48



**Youth Tennis** (#121154)

**Ages:** 7 - 15 years old

**When:** Sept. 6 - Oct. 11

**Time:** Saturdays, Noon - 1:30 pm

**Where:** Meet at the Law School

Tennis Courts.

**Description:** Join us for some action on the courts. Learn skills such as serves, forehands, backhands and volleys for competition or just for fun. Children will be grouped according to skill level.

**Price:** S/M=\$45 U/C=\$55

\*The 10% Multiple Program discount applies to each second child or program of equal or lesser value.

# Youth Programs

## Youth Dance Programs



### Pre-Ballet (#123106/D)

**Ages:** 4 - 6 years old  
**When:** Sept. 6 - Nov. 15  
**Time:** Saturdays, 3:30 - 4:15 pm  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** This class will improve coordination, posture, flexibility and concentration skills by doing movement activities and beginning ballet routines which will delight the young dancers.

**Price:** S/M=\$48 U/C=\$58  
**NOTE:** Parents may sit-in only for the first 5-minutes of the first session of Pre-Ballet.

### Ballet I (#123106/A)

**Ages:** 5 - 9 years old  
**When:** Sept. 6 - Nov. 15  
**Time:** Saturdays, 11:00 am - Noon  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** Previous ballet or dance experience is not necessary for participation. Young dancers will learn ballet routines, which include barre exercises, center work, corner work, stage details and french terminology.  
**Price:** S/M=\$51 U/C=\$61

### Ballet II (#123106/B)

**Ages:** 7 & Above  
**When:** Sept. 6 - Nov. 15  
**Time:** Saturdays, Noon - 1:00 pm  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** This technique class, which includes barre, center, allegro and more, will present the fundamentals of classical ballet emphasizing the joy of dance.  
**Price:** S/M=\$51 U/C=\$61

### Ballet III (#123106/C)

**Ages:** 9 & Above  
**When:** Sept. 6 - Nov. 15  
**Time:** Saturdays, 1:30 - 2:30 pm  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** Participants will further their development of ballet technique. Vocabulary will be expanded as it relates to center floor allegro and pirouettes. Previous dance experience recommended.  
**Price:** S/M=\$51 U/C=\$61



### Teen Ballet I/II (#123106/J)

**Ages:** 13 & above  
**When:** Sept. 7 - Nov. 16  
**Time:** Sundays, 2:15 - 3:30 pm  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** This beginning/intermediate class will begin with classical barre exercises and progress to center floor work including basic combinations and jumps. Stretches to improve flexibility will also be included.  
**Price:** S/M=\$55 U/C=\$65

### Jazz/Modern (#123106/G)

**Ages:** 8 & above  
**When:** Sept. 6 - Nov. 15  
**Time:** Saturdays, 2:30 - 3:30 pm  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** Jazz and Modern dance will be introduced and will develop students' rhythm, coordination, gracefulness and flexibility while they have fun.  
**Price:** S/M=\$51 U/C=\$61



### Pointe I/II (#123106/H)

**Ages:** 13 & above  
**When:** Sept. 7 - Nov. 16  
**Time:** Sundays, 4:00 - 5:00 pm  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** The study of Pointe is a very special area of ballet technique. Developing strength and easy execution with exact articulation will be the goal of this class.  
**Price:** S/M=\$51 U/C=\$61



### Beginning Tumbling and Rhythmic Gymnastics (#121113)

**Ages:** 4 - 10 years old  
**When:** Oct. 12 - Nov. 16  
**Time:** Sundays, 1:00 - 2:15 pm  
**Where:** Meet in the SRC Alumni Lounge. The instructor will escort participants to the Dance Studio.

**Description:** This program will introduce elementary tumbling and sports acrobatic tricks accompanied by music. This class will improve agility, balance and introduce rhythmic gymnastics with hoops and balls.  
**Price:** S/M=\$35 U/C=\$45

**Note:** All dance classes are open to both boys and girls. Students taking intermediate classes are encouraged to register for more than one class.

\*The 10% Multiple Program discount applies to each second child or program of equal or lesser value.

S/M = SIUC Student/  
SRC Member

U/C = SIU Affiliated/  
Community

All program dates and times are subject to change.



Registration  
will begin  
August 4th.

More info?  
Call  
453-1267

# International Student Recreation

**W**elcome. The upcoming months are going to be packed with excitement as you begin your education here at Southern Illinois University Carbondale. You will meet new people, go new places, and try new things. Our staff at the Office of Intramural-Recreational Sports hopes that the Student Recreation Center (SRC) will be one of those new places you explore. The SRC offers a large variety of programs and services for YOU. As an enrolled SIUC student, you are eligible to use the facility and participate in its programs. Your SRC fee has already been included in your University fees when you enrolled for classes. With the exception of paying fees for certain programs, all you have to do is come to the SRC or any of its facilities and have fun.

As the semester progresses, you will be busy and spend less time recreating. Don't let recreation and exercise become a



luxury. You will be more successful in your studies if you take time each day to recreate. Recreation can be any physical activity that helps you to become stronger, faster, or just to have fun. This gives your mind time to rest and prepare for homework and classes. An equal balance of school and recreation helps relieve stress. So start now!

No matter what sport or activity you're interested in, the Student Recreation Center has

the right one for you! With dozens of programs and activities, there is always something to do. Look through the following list of activities and find those that interest you and then come in, show up, and start having fun.

For more information on International Student Recreation, call Kathy Hollister at +35-1267 or check out our website at: [www.siu.edu/~oirs](http://www.siu.edu/~oirs)

**International Night at the Rec:**

- Fridays, 6 - 10 pm
- September 26, 2003: Badminton Doubles
- October 10, 2003: International Sports Exposition
- November 7, 2003: Basketball
- February 20, 2004: Board Games Night
- March 26, 2004: Volleyball
- April 10, 2004: Badminton Doubles

**Upcoming Special Events & Sporting Activities:**

- August 28, 2003: Int'l Picnic and Football Game Campus Boat Dock 4:30 -6:30 pm
- Sept. 20 - Nov. 9, 2003: International Soccer Cup
- November 15, 2003 ACU-I Table Tennis 12:30pm



## Disabled Student Recreation

**T**he Disabled Student Recreation (DSR) program sponsors recreational activities with modifications and adaptations to meet the needs of students with hearing, vision, or mobility disabilities.

**Instructional Programs**

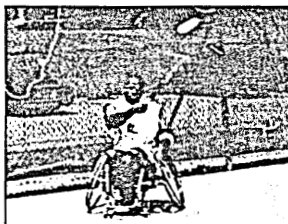
**Individualized Fitness**

When: August 25 - December 5  
This partner-assistance program is free and will focus on cardiovascular improvement, strength and endurance, and physical conditioning. Call +53-1266 to sign-up for a workout partner.  
Note: Program orientation meeting Monday, August 25, 7:00 pm, SRC Alumni Lounge.

**Adaptive Horseback Riding\***

When: September TBA  
Mondays, 7:00 - 9:00 pm  
Where: Boskydell Riding Stables  
Come horse around with DSR in an indoor riding hall. Get professional instruction on riding techniques. Assistants and transportation available.  
Call +53-1266 for more information

\* Fee Required



**Wheelchair Tennis**

By appointment only. Lessons are available for players who wish to brush up on their tennis game or learn the fun and exciting sport of tennis. Call +53-1266 for more information.

**Wheelchair Basketball**

By appointment only. Learn the rules and strategy of the game with the Rolling Saluki Wheelchair Basketball Team. Call +53-1266 for details.

**Swimming**

When: Sept. 5 - Dec. 5  
Fridays, 3:00 - 5:00 pm  
Where: Pulliam Pool  
Make a splash in the water! Specially-designed exercises and equipment are provided to assist individuals in strengthening muscles and cardiovascular workouts.

Staff available for assistance in pool and locker room. Flotation devices provided.

**Bowling & Billiards**

When: Sept. 4 - Dec. 4  
Thursdays, 6:00 - 8:00 pm  
Where: Student Center Bowling Alley  
Whether a beginner or already familiar with the sport, you'll have a great time bowling with us or playing pool! Adapted equipment, instruction, and league format provided.

**D.A.W.G. (Discover Adventure Wilderness Group)**

DAWG is a group of adventure-some spirits who wish to enhance the quality of life for people with and without disabilities through implementation of vocational opportunities, therapeutic recreation interventions, and adventure-based programs. Check us out for activities such as the Rend Lake Shooting Classic, October 11, 2003 and Ocoee White Water Rafting.

**Dig It !!!!**

Join us in one of our newest ventures - cultivating gardens! This program is designed for anyone with any level of ability, from the beginner to the experienced gardener. The how-to's, appropriate and adaptive tools, and an accessible location are available for participants who wish to enhance their creativity by getting in touch with the natural world. We'll design a garden bed, take a trip to a gardening center, purchase plants, and plant them. Beyond periodic maintenance, all we need to do is watch our garden grow! Can you Dig It?



For more information on the programs listed and other programs such as Aerobics, Racquetball and T'ai Chi, please call +53-1266.

# Aquatics

## Private Swim Lessons

Days and Times: Scheduled on an individual basis, lessons can be tailored to fit any swimming level. There is a 1:1 or 1:2 instructor-to-student ratio. Sessions are 30 minutes in length.

Price: \$/M \$15  
Per session (#134203)  
5 session pass (#134204) \$60  
Price: U/C \$17  
Per session (#134203)  
5 session pass (#134204) \$75  
Registration: SRC Information Center

## Adult Group Swim Lessons (#131201) 8 Lessons

Session A:  
Days: Mondays and Wednesdays  
Dates: September 15 - October 8  
Times: 6:00 pm - 7:00 pm  
Session B:  
Days: Mondays and Wednesdays  
Dates: October 27 - November 19

Times: 6:00 pm - 7:00 pm  
Location: Student Recreation Center  
This program provides adults with beginner-level swim instruction. Classes are offered on an instructor-to-student ratio of 1:7. The sessions focus on fundamental skills to increase comfort and confidence in the water.

Price: \$/M = \$25 U/C = \$30\*  
Registration: SRC Information Center  
Minimum Enrollment: 4

## Swim For Fitness (#131202)

Days and Time:  
Mondays and Wednesdays,  
6:00 pm - 7:00 pm  
Dates:  
Session A:  
September 15 - October 8  
Session B:  
October 27 - November 19  
Location: SRC Pool  
This class will teach the fundamen-

als of swimming for fitness. These skills will help you to enjoy the water, to be safe, and to discover a new exercise environment. You will learn fitness fundamentals and healthy life-style alternatives. This class will be formatted similarly to competitive swim team practice sessions for adults.

Price: \$/M U/C  
Session A or B \$25 \$30  
Both Sessions \$40 \$50  
Registration: SRC Information Center  
Minimum Enrollment: 4

## Women's Swimming (#124352)

Dates: September 13 - December 6 (except Oct. 11, Nov. 22 & 29)  
Day and Time:  
Saturdays, 11:15 am-11:50 am  
Location: Pulliam Pool  
International women are encouraged to participate in this class for women only, ages 17 or older. Only female

lifeguards will be present. The beginner-level class focuses on fundamental skills to increase comfort and confidence in the water. Advance registration fee required at the SRC Information Center.  
Prices: \$/M/E = \$15 U/C = \$20

Swim Lesson Supervisor:  
Jessi Lawson 453-1276

S = SIUC Student	U = SIU Affiliated
M = SRC Member	C = Community
E = Emeritus	

\* = SIU Affiliated & Community Fees include the entry fee into the Student Recreation Center

More info?  
Call Aquatics  
Programs at  
453-1376.

## Lifeguard Training

Lifeguard Training (#131151)  
Lifeguard Training uses American Red Cross course curriculum in basic lifeguarding skills. Topics to be covered include care for injuries, illness, and medical emergencies. Skills of water rescue will also be taught emphasizing pool lifeguarding only. Lifeguard training classes are conducted by American Red Cross Lifeguard Instructors. Course completion does not guarantee employment.  
Course Prerequisites:  
\*15 years of age  
\*500-yard swim including 200 yards of breast stroke and 200 yards of free style  
\*Swim out 20 yards, retrieve a 10-

pound brick from 7-foot depth and swim back with the brick.  
Days and Time:  
September 30 - November 20  
Tuesdays and Thursdays  
6:00 pm - 9:00 pm  
Location: SRC Pool  
Price: \$90 \$20 payable to SIUC at registration \$45 payable to American Red Cross the first night of class. \$25 payable to the instructor the first day of class. Price includes instruction, texts, and certification processing.  
Registration: SRC Information Center  
Minimum Enrollment: 6  
Lifeguard Training Supervisor:  
Erin McGuire 453-1276

## SCUBA

Scuba Diving (#131101)  
Session A: August 21 - September 29 (except September 2)  
Session B:  
October 9 - November 13  
Days and Time:  
Mondays & Thursdays,  
6:00 pm - 9:00 pm  
Location: SRC Pool  
This course consists of 10 evening sessions of alternating classroom

work and in-water SCUBA equipment work. Students will achieve four open-water dives and will be issued a certification card upon satisfactory completion of the class.  
Price: \$275 (see below)  
\$50 payable to SIUC at registration \$225 payable to the instructor the first night of class.  
Registration: SRC Information Center  
Minimum Enrollment: 4



More info?  
Call Aquatics  
Programs at  
453-1376.

## CPR & First Aid Training

Adult CPR (#133051)  
Session A: Tuesday, Sept. 9  
Session B: Wednesday, Oct. 8  
Session C: Wednesday, Nov. 5  
(You only need to attend one of the above sessions.)  
Time: 6:00 pm-10:00 pm  
Location: Student Recreation Center  
Skills taught include rescue breathing, care for choking victims, and adult CPR. Price includes text, instruction, and certification processing.  
Price: \$10 payable to SIUC at registration; \$18 payable to American Red Cross at the beginning of class; \$5 payable to Instructor the first day of class.  
Minimum Enrollment: 4

Session B: Saturday, Nov. 15  
Noon-8:00 pm  
Student Recreation Center  
(You only need to attend one of the above sessions.)  
This class teaches participants the skills for adult, child, and infant CPR. CPR with two rescuers, care for choking victims, and rescue breathing. Price includes text, instruction, and certification processing.  
Price: \$10 payable to SIUC at registration; \$17 payable to American Red Cross at the beginning of class; \$10 payable to Instructor the first day of class.  
Minimum Enrollment: 5

Community First Aid & Safety (#131052)  
Date: Sunday, November 9  
Time: Noon - 8:00 pm  
Location: Student Recreation Center  
This class teaches participants the skills for adult, child & infant CPR,

care for choking victims, rescue breathing, and First Aid techniques. Price includes text, instruction, and certification processing.  
Price: \$10 payable to SIUC at registration; \$18 payable to American Red Cross at the beginning of class; \$10 payable to Instructor the first day of class.  
Minimum Enrollment: 5

First Aid Basics (#131053)  
Date: Tuesday, October 28  
Time: 6:00 pm-10:00 pm  
Location: Student Recreation Center  
This class teaches participants how to control bleeding, splinting injuries, caring for sudden illness, and treating burns.  
Price: \$10 payable to SIUC at registration; \$22 payable to American Red Cross at the beginning of class; \$5 payable to Instructor the first day of class.  
Minimum Enrollment: 4

All CPR and First Aid classes offered through the Office of Intramural-Recreational Sports are taught by American Red Cross Certified Instructors. The classes are offered in conjunction with the Little Egypt Chapter of the American Red Cross. Registration fees are paid at the Information Center on the upper level of the SRC. Certification cards will be mailed to participants who have successfully completed the certification process.

CPR and First Aid  
Supervisor:  
Erin McGuire  
453-1276  
or 536-5531.

CPR For the Professional Rescuer (#131051)  
Session A: October 14 & 16  
Tuesday & Thursday,  
6:00 pm-10:00 pm  
Student Recreation Center



# Sport

Any student who has a great love for "alternative" sports such as fencing, badminton, or a desire for healthy competition, should get involved in an OIRS sport club. Sport clubs at SIUC offer students the chance to participate in an extracurricular activity and further an interest that may not have been offered in their particular high school.

The diverse types of sports offered range from team sports such as lacrosse, rugby, and water polo to individual activities such as fencing, Aikido, judo, and racquetball. Some sport clubs have separate men's and women's teams, while others are coed.

Each club meets at different times during the week to practice and many compete in tournaments with other universities. These tournaments allow members of a club to travel, meet students and clubs from other schools with similar interests, and participate in friendly sports competition.

Sports are a great means of relieving stress and afford students the chance to develop a feeling of belonging and team spirit. Through opportunities such as the OIRS sport clubs, the obstacle of finding new friends and developing a sense of belonging in a sea of unknown faces is often lessened if not resolved. The pleasure and entertainment derived from sport participation can do wonders for the body and soul.

Here is a list of the different sport clubs at SIUC and a brief description of each one. If you want to get involved with a current sport club, need more information, or would like to start a new sport club that is not offered, then call 453-1376.



The Paintball Club is now forming. If interested, call 453-1376 for more information.

*Sport Clubs  
welcome all new  
students regardless  
of their experience  
or skill level!*



**Aikido Club** has been active at SIUC for thirteen years and welcomes all interested participants of any skill level. Aikido is a modern Japanese martial art which stresses noncontact and fluidity of motion while performing.



**Badminton Club** meets twice a week (Friday evening and Sunday afternoons, usually on Court 1) for informal play. All levels of players participate, from beginner to advanced, both male and female. Nets and shuttles are provided. Tournaments are held a few times a year for those interested.



**Ballroom Dance Club** is looking for those who want to learn the grace and social aspects of ballroom dance. Members will compete at dance events with many other Illinois universities and host competitions on the SIUC campus.



**Baseball Club** brings the All-American pastime to SIUC. Players of any skill level are invited to come out and compete against other universities across the Midwest while having fun.



**Canoe and Kayak Club** will teach you to successfully maneuver down a river and lake and expose you to the exquisite, natural beauty throughout the region. Practices are held weekly in the Rec Center Pool and membership is open to anyone.



**Cycling Club** offers a great outlet for those who enjoy both street and mountain biking. Members travel and compete throughout the Midwest and the only requirement is that you have a bike.



**Equestrian Club** promises a great horseback adventure while you learn the fundamentals of riding or developing your skills. Members of the club can compete through an affiliate of the Inter-collegiate Horse Show Association in a schedule of shows.



**Fencing Club** focuses on teaching sportsmanship and fostering skills in this exciting and civilized sport. The club will travel to St. Louis throughout the year to compete and host an event in the spring. Instruction is offered to members and practice is held weekly. Semester dues includes access to equipment and lessons.



**Karate Club** utilizes the Shotokan style of Karate emphasizing self defense, physical, emotional, and mental fitness. This club is open to anyone who is interested in learning Karate.



**Kendo Club** provides the opportunity to expand your cultural horizons and go beyond traditional sports. This Japanese style of fencing teaches you to move faster and think quicker.



**Kung Fu Club** meets in the Martial Arts Room in the Student Recreation Center. The group meets on Mondays, Wednesdays, and Fridays from 6-8 pm. The club practices the traditional Chinese Martial Art of Chow Gar Southern Praying Mantis.



**Lacrosse Club** guarantees all members will never be bored while participating in this fast-paced field sport. The club travels to Midwest tournaments and competes against other universities in Illinois. No previous knowledge of the sport is required and all males at SIUC can join.



**Outdoor Adventure Club** offers the opportunity to experience the exquisite natural areas of southern Illinois. Activities include, climbing, biking, camping, and hiking. Membership is open to all and some equipment will be supplied.

# Clubs



**Racquetball Club**  
practices this popular sport which is an ideal activity to enhance your fitness level and coordination. The club competes in leagues and tournaments and works to improve individual skills.



**Soccer Club**  
is dedicated to the development and advancement of the skills necessary to excel in competition. Teams compete against regional universities and offer the chance to be a player in this thriving international sport.



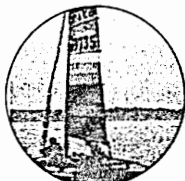
**Rodeo Club**  
prepares members for the riding and roping competitions that are becoming increasingly popular at the collegiate level. Experience this thrilling sport by joining this affiliate of the National Collegiate Rodeo Association, and show off your skills at the many collegiate rodeos across the region.



**SIU Officials Club**  
If you are new to sports officiating or a seasoned pro, join the club that can help you expand your skills and make extra income for yourself.



**Roller Hockey Club**  
is the largest sport club at SIUC and offers opportunities for all levels of play, including travel. Skating skills are necessary and the club invites women to join.



**SIU Sailing Club**  
exposes students to the sport of sailing and teaches the various skills needed to sail. Club members will have the opportunity to participate in regattas, sailing and camping trips, sailing clinics, and boating safety lessons. Meetings are held on a weekly basis.



**Rugby Club**  
competes in the fast paced, physical sport combining both football and soccer skills and offers a challenge to all athletic types. Both men and women teams travel to and host numerous tournaments and matches throughout the year. No skill or knowledge of the sport is required to join the club.



**Table Tennis Club**  
invites all students and faculty at an intermediate and advanced level to travel to tournaments and play against other club members. This challenging recreational activity will sharpen eye-hand coordination and reflex skills.



**Triathlon Club**  
offers the ultimate in physical fitness competition. Their focus is on training in running, swimming, and biking. Members will travel to other areas for competitions and interact with others who enjoy this sport. All skill levels are welcome.



**Ultimate Frisbee Club**  
ensures you will be fascinated when playing this energetic and unique sport involving the aspects of football and soccer. Come out and learn with others while getting a great physical workout.



**University Martial Arts Club**  
welcomes anyone who wants to explore the vast world of martial arts. The primary focus of the club is the Gracie Jiu Jitsu discipline originated in Brazil and practicing street fighting concepts.



**Volleyball Club**  
If you love to compete or just want to play, this is a great club for you.



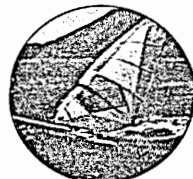
**Water Polo Club**  
concentrates on improving power, speed, and ball handling skills required for this coed aquatic sport. Practice is held in the SRC natatorium and competitions are attended throughout the Midwest.



**Water Ski Club**  
invites everyone to participate in their slalom, trick, and ramp events. No skills are required and lessons are taught by professional instructors on Crab Orchard Lake east of Carbondale.



**Weightlifting Club**  
offers the opportunity to meet and interact with others who enjoy weight training. The club hosts an annual body building show, speakers, seminars, and power lifting. Membership is open to anyone.



**Windsurfing Club**  
enjoys the sun and beauty of the spectacular local waterways and develops skills to successfully compete in this exciting sport. No previous experience is necessary, only a desire to learn and have fun.



**Yoga Club**  
provides an outlet to explore meditation, yoga postures, and massage. The club participates in short group talks after each meeting and hosts a vegetable dinner every Friday night. Relax and enjoy the benefits of yoga by joining this organization today.

Call  
453-1376  
to get  
involved!

# Dance

**Middle Eastern Dance (Beginning) #111108**

If you are looking to add a new dimension to your life, learn the basics of belly dancing. It is a great way to reduce stress, increase flexibility/coordination, and center yourself on a personal level. Exercise, relax, and have fun at the same time. No previous dance experience necessary.

**Times:** Sept 2 - Nov 11  
**Tuesdays, 5:00 - 6:30 pm**  
**Location:** Room 158  
**Prices:** S/M/E = \$26 U/C = \$43\*  
**Min:** 11 **Max:** 25  
**Instructor:** Tedi Thomas

**(Continuing) #111104**

Beyond the basics - moving into the heart of Middle Eastern dance - improvisation. Topics to be covered in this course include: basic rhythms used in Middle Eastern music; movement layering techniques; and phrasing between the dance and the music. Beginning ME dance recommended or consent of instructor.

**Times:** Sept. 4 - Nov. 13  
**Thursdays, 6:00 - 7:30 pm**  
**Location:** Room 158  
**Prices:** S/M/E = \$26 U/C = \$43\*  
**Min:** 11 **Max:** 25  
**Instructor:** Tedi Thomas

**Swing Dance**

**(Beginning) #111109**

You've seen it and liked it and wished you could do it, too. Now you can. If you want to learn how to do this exciting and fun dance with all the spins and turns, this is your chance. Sign up today and join us in the fun.

**Section A:** Sept. 10 - Oct. 1  
**Wednesdays, 8:00 - 9:30 pm**  
**Section B:** Oct. 15 - Nov. 19  
**Wednesdays, 8:00 - 9:00 pm**  
**Location:** Dance Studio  
**Prices:**  
 S/M/E = \$23 U/C = \$40\*  
**Min:** 8 **Max:** 20  
**Instructor:** Areerat King

**(Advanced) #111112**

Get more excitement out of life. Check out our intermediate/advanced swing. The same great dance, the same great fun, only with different steps and moves. You will also learn stylistic turns, dips, kicks, and much, much more.

**Date:** Oct. 15 - Nov. 19  
**Times:**  
**Wednesdays, 9:00 - 10:00 pm**  
**Location:** Dance Studio  
**Price:**  
 S/M/E = \$23 U/C = \$40\*  
**Min:** 10 **Max:** 20  
**Instructor:** Areerat King

*Purchase 2 sections, receive a 10% discount.*

S/M/E = \$41 U/C = \$72\*

**Modern Dance (#111107)**

This class combines basic ballet techniques and creative movement into a unique form of dance and expression. It will also provide stretching to relieve tension and stress and help you work up a sweat. Most of all, it's a fun way to exercise.

**Section A:** Aug. 27 - Oct. 1  
**Wednesdays, 7:00 - 8:00 pm**  
**Section B:** Oct. 15 - Nov. 19  
**Wednesdays, 7:00 - 8:00 pm**  
**Location:** SRC Dance Studio  
**Prices:**

S/M/E = \$23 U/C = \$40\*

**Both Sections:**  
 S/M/E = \$41 U/C = \$72\*

*Purchase both sections, receive a 10% discount.*

**NOTE:** For both beginning students and those familiar with modern dance.

**Min.:** 8 **Max.:** 20  
**Instructor:** Barbara Niechciol

**Ballet (#111101)**

Dance is the most enjoyable way to develop flexibility, strength, balance, and grace. Learn the fundamentals of ballet which help to develop self-confidence, posture, and body-awareness while serving as a foundation to all other forms of dance.

**Section A:** Aug. 25 - Oct. 6,  
**Mondays, 7:00 - 8:00 pm**  
**Exception date:** September 9  
**Section B:** Oct. 13 - Nov. 17,  
**Mondays, 7:00 - 8:00 pm**  
**Location:** SRC Dance Studio  
**Prices:**

S/M/E = \$23 U/C = \$40\*

**Min:** 8 **Max:** 20

**Both Sections:**  
 S/M/E = \$41 U/C = \$72\*

*Purchase both sections, receive a 10% discount.*

**NOTE:** For both beginning students and those familiar with ballet.

**Instructor:** Barbara Niechciol

**Jazz #111105**

This class teaches techniques on leaps, spins, and flows of movement. This class is great for both beginning and continuing students. It is great exercise and will improve flexibility. So come JAZZ up your life!!

**Section A:** Aug. 26 - Sept. 30  
**Tuesdays, 7:00 - 8:00 pm**  
**Section B:** Oct. 14 - Nov. 18  
**Tuesdays, 7:00 - 8:00 pm**  
**Location:** Dance Studio

**Prices:**  
 S/M/E = \$23 U/C = \$40  
**Min:** 8 **Max:** 25

**Instructor:** Barbara Niechciol  
 S/M/E = \$41 U/C = \$72\*  
*Purchase 2 sections, receive a 10% discount.*

**Hip Hop #111113**

Get in touch with your rhythmic being. Come in and explore our hip hop dance. No longer will you have to stand on the side lines while your friends have all the fun. Surprise them with some sultry dance moves. Express yourself!

**Section A:** Sept. 4 - Oct. 9  
**Thursdays, 8:30 - 9:30 pm**  
**Section B:** Oct. 16 - Nov. 20  
**Thursday, 8:30 - 9:30 pm**  
**Location:** Aerobics Room

**Prices:**  
 S/M/E = \$23 U/C = \$40\*

**Both Sections:**  
 S/M/E = \$41 U/C = \$72\*

*Purchase both sections, receive a 10% discount.*

**Min:** 8 **Max:** 20  
**Instructor:** Jacob Fraedrich

\* Price includes entrance fee into the SRC



For more information call  
 Instructional Programs at 453-1263.

S/M/E = SIUC Student/SRC Member/Emeritus  
 U/C = SIU Affiliated/Community

**Your Student Rec Center is expanding.**

The "NEW" Rec Sport Shop is your location for athletic gear and supplies.

The Rec Sport Shop...We're sporting your professional edge.

# Personal Training

## Is a Personal Trainer For You?

**Q.** Do you have trouble showing up three or four times a week to exercise?

**Q.** Are you uncertain how to use all the equipment or which equipment is right for you?

**Q.** Do you sometimes feel you are just "going through the motions" and not achieving the results you want?

**Q.** Have you reached a plateau in your progress?

**Q.** Is it difficult to motivate yourself to try harder each time?

**Q.** Do you need more guidance to get the most from your exercise program?

*If you answered "yes" to any of these questions, you may need a personal trainer.*

### About Our Trainers...

Our trainers are qualified with credentials ranging from university degrees to certifications from accredited health/fitness associations. Male and female trainers are available. Our trainers have different specialties such as:

- Sport Specific Training: cycling, running, swimming, golf, tennis and basketball.
- Special Participants: persons with disabilities, overweight, medical concerns with physician release, pregnancy, pre- and post-partum, new exerciser, and post rehab fitness
- Health/Fitness: water exercise, plyometrics, fitness assessment, biomechanics, office training, travel training, and advanced training

### A Trainer For Every Body!

Personalize your workout with one-on-one fitness training. Let one of our personal trainers introduce you to personal training and the benefits you'll experience. We stress client health improvement and fun through education, activity, nutrition, fitness assessments, and exercise program tracking. This service is ongoing and only available by appointment so call now!



### What is a Personal Trainer?

A qualified personal trainer is someone who has the expertise, educational background and diagnostic know-how to design an individualized exercise program for a particular person.

### Why Hire a Personal Trainer?

- Achieve faster results
- Challenging workouts
- Fun
- Improve self image
- Increase bone density
- Increase strength
- Learn proper progression
- Motivation
- Reduce body fat
- Reduce coronary risk
- Reverse aging process
- Performance enhancement
- Weight resistance training

### Sport Specific Training

Are you looking to improve balance, coordination, speed, strength, endurance, and flexibility? Our personal trainers specialize in performance enhancement for numerous recreational activities, including tennis, golf, swimming, basketball, running and cycling.



### Weight Management

Whether you want to lose body fat, change your shape, gain energy, or simply look and feel better, our personal trainers can assist you in creating positive long-term strategies for weight management.



### One-Hour Fitness Consultation #914252

A one-on-one (1 hour) orientation for those who want to learn the correct and proper techniques (seat adjustments, body position, use and setup of machines and a review of the muscle group applications) for using the weight training machines in the SRC Fitness Forum and/or the exercise equipment in the SRC. Call 453-1263 for an appointment.

Prices: S/M/E = \$18 U/C = \$22\*  
\*Includes entry into the SRC

### PRICES OF PERSONAL TRAINING PACKAGES:

	Package:	# of Sessions:	S/M/E	U/C
#914253	1	3	\$56	\$68*
#914254	2	6	\$97	\$121*
#914255	3	12	\$182	\$230*
#914256	4	18	\$252	\$324*
#914257	5	24	\$312	\$408*

\*Includes entry into the Student Recreation Center

Each personal training package expires 4 months from the date of purchase.

Note: If you are not a SIUC student or member of the SRC, a \$2 deposit (which will be refunded on day of use only) will be required to use the Student Recreation Center.

S/M/E = SIUC Students/SRC Members/Emeritus  
U/C = SIU Affiliated/Community

## How to Get Started:

### Fitness Assessment

Step 1: Before hiring a personal trainer it is recommended, not required, that you complete a fitness assessment. These are free to SIUC students and SRC members at the SRC Sports Medicine Office. Call 453-1292 to make an appointment.

### Nutrition Consultation

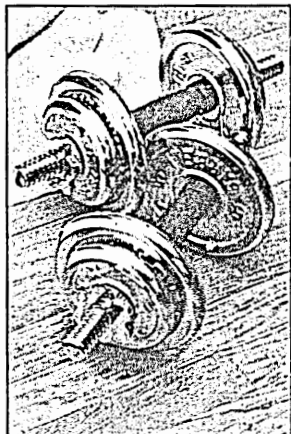
Step 2: It is also recommended, not required, that you have a nutrition consultation. These are free to SIUC students by the SIUC Wellness Center. Call 536-4441 for more information. If you are not a SIUC student, please make arrangements by calling 453-1263. There is an additional charge of \$10 for this assessment.

### Personal Training Packet

Step 3: After purchasing your desired Personal Training package, a complete Personal Training Packet will be provided for you. This packet will contain all necessary paperwork and instructions. If you have further questions regarding our PT program, you may contact our office at 453-1263 or 453-1275. Thank you.

### Refund Policy:

Refunds on personal training packages will be given only for medical emergencies or extenuating circumstances. There will be a 25% cancellation fee. Packages expire 4 months from the date of purchase. Our office will accommodate requests for a change of trainer during this time.



### Canceling/rescheduling appointments:

To cancel and/or reschedule an appointment, please respect the personal trainer by calling them directly or notifying our office at (618) 453-1263 at least 24 hours in advance. Missed appointments without this notice will be counted as a session.

**How To Register For Personal Training:** Call 453-1263 OR 453-1272 or stop by the Student Recreation Center Information Desk.

More info?  
Call  
453-1263

# Racquet Sports



**Tennis - Private/Semi-Private Lessons: Indoor & Outdoor**  
Private lessons are available when convenient for you. Work one-on-one with one of our instructors to learn new skills or receive a training tune-up.  
**Dates:** Ongoing  
**Time:** By appointment only  
**Location:** SRC Indoor Tennis Court or University Courts

**Prices:** 1-Hr. Lessons (#914454)  
**Section A:**  
Private: S/M/E=\$23 U/C=\$25\*  
**Section B:**  
Semi-Private: S/M/E/U/C=\$15 each person\*

Package of 3 one-hour lessons (#111457)  
**Section A:**  
Private: S/M/E=\$62 U/C=\$67\*  
**Section B:**  
Semi-Private: S/M/E/U/C=\$41 each person\*  
**Instructors:** "Fog" Gilbert, Larry Geer, & Beth Boardman  
**Note:** Group Rates are also available. Please call 453-1263 for more information.

**Tennis - Co-Ed Instruction/Play: (#914455)**  
**Dates:** Ongoing until Oct. 15  
**Section A: Intermediate:**  
Mondays, 5:00 - 6:00 pm  
**Section B: Beginner:**  
Mondays, 6:00 - 7:00 pm  
**Section C: Intermediate:**  
Wednesdays, 5:00 - 6:00 pm  
**Section D: Beginner:**  
Wednesdays, 6:00 - 7:00 pm  
**Location:** University Tennis Courts 11 & 12  
**Rain Location:** SRC Ct. #7  
**Price:** \$5 per session, pay for one session at a time or as many as you want.  
Our instructors will work in a group setting with students of the same skill level.  
\*\*\*\* Beginners will emphasize stroke development and the basic rules of the game.

\*\*\*\* Intermediate will focus on court positioning, footwork drill, serve and return-of-serve, volleys, and basic strategy.  
**Instructor:** Larry Geer

**Racquetball Drill Sessions:**  
*Do you want to improve your racquetball game? We offer training sessions on specific racquetball skills. Pick any two skills: forehand, backhand, ceiling shot, pinch shot, court position, drive serve, lob serve, and Z serve. Learn the basics of racquetball or improve your current game. Sign up alone or with a friend!*  
**Dates:** Ongoing  
**Time:** By appointment only.  
**Location:** SRC Racquetball Ctr.  
**Prices:** One-Hour Lessons (#914401)  
**Section A:**  
Private: S/M/E=\$18 U/C=\$18\*  
**Section B:**  
Semi-Private: S/M/E=\$13 each person\* U/C=\$13 each person  
**Instructor:** Carol Bastien

**Women's Racquetball Instruction/Play (# 111402)**  
**Location:** SRC Racquetball Courts 11, 12, 13  
**Prices:** S/M = \$33 U/C = \$50\*  
**Section A:** Sept. 16 - Oct. 7  
Tuesdays, 9:30-11:30 am

**Section B:** Sept. 18- Oct. 9  
Thursdays, 7:00 - 9:00 pm  
An opportunity to learn the basics of racquetball and/or improve your current game. Join other women each week or attend when you can. Instruction will take place from 9:45 - 10:45 am or 7:30- 8:30 pm.  
Min.: 10 Max.: 20  
**Instructor:** Carol Bastien

*\*Special thru Sept. 12...  
Buy 3 lessons  
get 10% off.*

S/M/E=SIUC Student/SRC Member/Emeritus  
U/C=SIU Affiliated/Community



# Boxing Training NEW! Thai Box

This program will emphasize using the "boxer's workout" to get in the best shape of your life. The benefits include an increased sense of confidence and over-all fitness, while teaching you some form of self defense. Participants will learn the basics of boxing: stances, punches, defenses, and strategies. As you become more familiar and comfortable with these skills, controlled sparring sessions, in which two individuals simulate an actual boxing match, will be held. Headgear and mouthpieces will be used and the intent is to practice what you have learned in an actual boxing situation. Some equipment is provided but hand wraps are required and your own bag gloves are recommended.

**About the Instructor**  
Mr. Jihad Baker has been involved in some form of boxing for the last 10 years. Coaching

since 1991, he is a certified personal trainer with Aerobic Pipeline and a registered coach with USA Boxing. Mr. Baker has also competed in national tournaments, having won the Golden Gloves Tournament in St. Louis in 1999. He stresses learning the art of elusiveness (the ability not to get hit), as opposed to concentrating on hitting.  
**Boxing Training #111501**  
**Section A:** Aug. 27 - Oct. 8  
**Times:** MW, 6:00 - 8:00 pm (exception date: September 1)  
**Section B:** Sept. 2 - Oct. 9  
**Times:** TTh, 2:00 - 4:00 pm  
**Section C:** Oct. 13 - Nov. 19  
**Times:** MW, 6:00 - 8:00 pm  
**Section D:** Oct. 14 - Nov. 20  
**Times:** TTh, 2:00 - 4:00 pm  
**Prices:** S/M/E=\$73 U/C=\$90\*  
**Location:** Martial Arts Room  
Min.: 10 Max.: 3  
**Note:** Hand wraps are required. Available in class for \$4/pair.



For more information, please call 453-1263.

Thai box is a class that utilizes the Eastern fighting style of Muay Thai Kickboxing to achieve a full body workout. Participants will utilize punching bags, wraps, gloves, and ropes while developing physical strength, endurance and confidence. It is a great way to relieve stress, improve muscle tone, and burn calories.  
**Thai Box #111004**  
**Section A:** Sept. 3 - Oct. 8  
**Times:** MW, 8:00 - 9:00 pm  
**Section B:** Oct. 13 - Nov. 19  
**Times:** MW, 8:00 - 9:00 pm  
**Prices:** S/M/E=\$28 U/C=\$45\*  
**Location:** Martial Arts Room  
Min.: 8 Max.: 12  
**Note:** Hand wraps are required. Available in class for \$4/pair.  
S/M/E= SIUC Student/SRC Member/Emeritus  
U/C= SIU Affiliated/Community

\*Includes entry fee into the Student Recreation Center



# T'ai Chi



## T'ai Chi System Programs

Instructed by:  
Master Han - Chao Hwang

### T'ai Chi Relaxation #111205

A Moving Meditation  
This program is for both *Beginning and Continuing students*.

- General Chinese exercise; reduces stress
- Safe, natural & proven (2000+ years old)
- Reduces weight & promotes wellness
- Increases flexibility, strength, balance & endurance
- Retards aging & increases longevity
- Excellent cross-training benefits for athletes
- Improves mind-body coordination
- Lowers high blood pressure and promotes cardiovascular fitness
- Suitable for all ages!

Section A: Sept. 2 - Oct. 7

Tuesdays, 7:00 - 8:00 pm

Location: Room 158

Section B: Sept. 4 - Oct. 9

Thursdays, 4:30 - 5:30 pm

Location: Racquetball Court #3

Section C: Oct. 14 - Nov. 18

Tuesdays, 7:00 - 8:00 pm

Location: Room 158

Section D: Oct. 16 - Nov. 20

Thursdays, 4:30 - 5:30 pm

Location: Racquetball Court #3

Min.: 10 Max.: 30

Note: Master Han teaches relaxation from the text "The Complete Book of T'ai Chi" by Stewart McFarlane (in this book the 105 postures of Yang form of T'ai Chi have been modified into a simplified form of 37 postures. Chen Man Ching created this simplified form).

### T'ai Chi Self-Defense #111207

This program is for both *Beginning and Continuing students*.

- Learn how to defeat your assailant without ever touching them!
- Safe & no risk of injury
- Suitable for all ages (especially appropriate for women)
- Taught in a nonviolent manner

Section A: Sept. 2 - Oct. 7

Tuesdays, 5:30 - 6:30 pm

Location: Racquetball Court #3

Section B: Oct. 16 - Nov. 20

Thursdays, 7:00 - 8:00 pm

Location: SRC Dance Studio

Min.: 10 Max.: 30

### T'ai Chi Sword #111208

This program is for both *Beginning and Continuing students*.

- Learn this Chinese art of fencing
- Many mental & physical benefits
- Increases mind-body coordination
- Both fun and productive!

Section A: Sept. 4 - Oct. 9

Thursdays, 7:00 - 8:00 pm

Location: SRC Dance Studio

Section B: Oct. 14 - Nov. 18

Tuesdays, 5:30 - 6:30 pm

Location: Racquetball Court #3

Min.: 4 Max.: 12

### Chinese Foot Massage #111202

- Finds & treat ailments by massaging the corresponding reflex-zones in the feet
- Increases the body's natural healing powers
- Speeds nutrients to affected areas
- Techniques will serve you throughout your lifetime

Oct. 28 - Nov. 18

Tuesdays, 4:00 - 5:30 pm

Location: SRC Alumni

Conference Room

Min.: 10 Max.: 20

### Chi Power #111201

This program is for both *Beginning and Continuing students*.

Focus is on particular parts of the body as requested.

- Uses "postnatal Chi" to ignite "innate Chi" to flow (Chi = Bio-energy)
- Promotes relaxation & beneficial abdominal breathing techniques
- Increases natural healing process; good for health & mental awareness!

When: Sept. 4 - Oct. 9

Thursdays, 5:45 - 6:45 pm

Location: Racquetball Court #3

Min.: 10 Max.: 30

## Adapted T'ai Chi

- T'ai Chi can be adapted to fit the need of individuals with disabilities
  - Assists the rehabilitation process
  - Increases strength and endurance
  - Enhances health and functioning
- To discuss a program to fit your needs call 453-1272.

## About The Instructor

Han-Choa Hwang

Master Han C. Hwang is a high level T'ai Chi Master with forty-five years of experience in the practice of T'ai Chi. He was formerly the director and coach at the T'ai Chi Association of Taiwan. Since 1987, Master Han has been teaching T'ai Chi classes at Southern Illinois University Carbondale and private classes in the Carbondale area. Master Han is known as an excellent teacher who is very good with beginning students as well as with those more advanced. He teaches T'ai Chi System Programs including: Relaxation, Self Defense, Sword, Chi Power (Qigong), Chinese Foot Massage, and adapted T'ai Chi. Master Han is also trained in Chinese Acupuncture. He teaches students how to control their Chi energy and send it through the acupuncture meridians creating a balanced condition that can make us live a healthier, stronger, and longer life.



# Kung-Fu

An ancient form of martial arts that incorporates an effective self-defense regimen with an element of artistic expression. Kung-Fu is an excellent coordination builder that truly focuses on self discipline, self-respect, and respect of others. Though competitive opportunities are available, Kung-Fu focuses more on individual development. Both beginners and advanced students are welcome. If a student is physically limited in any way, the instructor will do his best to accommodate them by modifying techniques. Traditionally, there is no color belt system, but Mr. Davis has developed a color belt system for his own students to accommodate the American mindset in regards to Martial Arts.

### About the Instructor:

Mr. Larry M. Davis began his Martial Arts training in 1977 and began his training in White Tiger King-Fu in 1990. He is currently ranked as a 'third level' or 'Golden Dragon' instructor/student and has taught continuously in this community since 1994. The instructor maintains a strict but friendly classroom atmosphere while stressing safety, passing on this traditional style, & avoiding the injurious training methods often employed in traditional martial art systems.

### Adult Program

This program is for both *Beginning and Continuing students*.

Section A: 111352A

August 27 - October 8

(exception date - Sept. 1)

Mondays & Wednesdays,

7:30 - 8:45 pm

Section B: 111352B

October 13 - November 19

Mondays & Wednesdays,

7:30 - 8:45 pm

Location: SRC Aerobics Room

Instructor: Marty Davis

Min.: 13 Max.: 30

Price: One Section:

S/M/E=\$30 U/C=\$47\*

Both Sections:

S/M/E=\$54 U/C=\$86\*

When you purchase both sections,

you get a 10% discount.

\*Includes entry fee into the SRC.

For more information,

call 453-1263



Prices:	S/M/E	U/C
Tai Chi Relaxation	\$22	\$39*
Chi Power	\$22	\$39*
T'ai Chi Self-Defense	\$22	\$39*
Register for any two of the above classes and receive a 10% discount. (May be 2 sessions of the same class or a combination.)		
Discounted Prices (-10%):	\$40	\$70*
Tai Chi Sword	\$31	\$48*
Chinese Foot Massage	\$22	\$39*

S/M/E = SIUC Student/SRC Member/Emeritus

U/C = SIU Affiliated/Community

\*Includes entry into the SRC

For more information call  
Instructional Programs at 453-1263.



# Fitness

## Fall 2003 Fitness Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30 am-7:15 am		Early Bird Weight Training (AR)	Early Bird Cardio Crunch (AR)	Early Bird Weight Training (AR)		
Noon 12:45 pm	Cardio Lunch (AR)		Cardio Lunch (AR)		Cardio Lunch (AR)	
2:00 pm-3:00 pm						In the Deep (DW)
5:00 pm-5:30 pm		Cardio Basics Hi/Lo (AR)		Cardio Basics Step (AA)		*Denotes registration required to guarantee class participation. Call 453-3020 to reserve your space. ** Denotes that there is a fee for this program. Register at the Info. Desk. <b>Back To School Aerobics</b> Monday-Friday Aug. 18 - 22, 5:00 - 6:00 pm (MSC 4 & 5) <b>Regular Fall Schedule</b> Aug. 25 - Dec. 5 (Exception: Mind Body Classes) <b>Finals Aerobics</b> Dec. 9 - 13, 5:00 - 6:00 pm (AR) <b>Holiday Cancellations</b> ● Sept. 1, Labor Day ● Nov. 22 - Nov. 30 Thanksgiving Break Note: This schedule changes during University breaks and is subject to change without notice. This includes instructors.
5:00 pm-6:00 pm	H2O Challenge (NA)		H2O Challenge (NA)		H2O Challenge (NA)	
5:00 pm-6:00 pm	Weight Training (AR)		Weight Training (AR)	Great Balls of Fire (AR)	Salsarobics (AR)	
5:00 pm-6:00 pm	Awesome Intervals (AA)		Team Training (AA)			
5:15 pm-6:00 pm	*Ride Strong (RC8)		*Road Rally (RC8)		*Training Wheels (RC8)	
5:30 pm-6:00 pm		Rock Bottom (AA)		Rock Bottom (AA)		
6:00 pm-7:00 pm		Kickboxing (AA)		Kickboxing (AA)		
6:00 pm-7:00 pm		Tour De Fitness (RC8)		Tour De Fitness (RC8)		
6:00 pm-7:00 pm		Bring it on (AR)		In the Deep (DW North)		
6:15 pm-7:15 pm	Step-N-Jab (AA)		Step-N-Jab (AA)			
7:00 pm-8:00 pm		Cardio Hip-Hop (AR)		DANCE! (AR)		
8:00 pm-9:00 pm	** Thai Box (MAR)		** Thai Box (MAR)			

AA = Activity Area    RM 158 = Assembly Room East  
 DS = Dance Studio    DW = Diving Well  
 MAR = Martial Arts Room    NA = SRC Natatorium  
 RC = Racquetball Court    AR = Aerobics Room

**Cardio Basics**

Get the basics of hi/lo and step exercise while burning calories, having fun, and getting in SHAPE!

**Awesome Intervals**

A full body workout using various equipment and/or teaching style to enhance cardiovascular conditioning. A high-intensity workout that can be adapted for all fitness levels.

**Early Bird Cardio Crunch**

Jump start your metabolism. Join us for an early morning workout, get up, get fit, and get going.

**Cardio Lunch**

A 45- minute class that is perfect for the lunch hour exerciser. Cardio Lunch is a combination platter...the low-fat option!

**HiO Challenge**

Training in water is gentle on your joints while providing a great resistance and cardio workout.

**Salsarobics**

Move to the rhythm of the mamba. Try this new dance based aerobics class to melt away those extra pounds.

**In the Deep**

Experience the benefits of this great non-weight bearing form of exercise. Buoyancy belts are provided. Comfort in the deep water is highly recommended.

**Bring It On**

Combine easy to learn dance routines for cardio, lower body conditioning with jumps and plyometrics, upper body strength work and flexibility training.

**Cardio Hip Hop**

An awesome dance session combining the latest moves with the hottest new music!

**Kickboxing**

This class is an interval training program incorporating the sport-specific techniques used in boxing and martial arts.

Various equipment may be used such as jump ropes, cones and tubes.

**Training Wheels**

This is 45 minutes of cardio biking with an emphasis on form and pace. Guaranteed to turn you into a regular!

**Step-N-Jab**

If you love a high intensity & challenging workout, you will want to come to this 1-hour interval class. You have the opportunity to do step and box aerobics.

**Team Training**

Bring your own team or join one when you get here. Each week, your "team" will tackle a new circuit that tests your speed, agility and power. Arrive 5 minutes early to learn the circuit drills for the session.

**Great Balls of Fire**

Isolate, strengthen and stretch every muscle of the body. Because the ball demands balance, you'll work muscles you never knew you had! Fire those muscles and watch those pounds melt away.

**Rock Bottom**

(Formerly Abs, Glutes & Thighs) A 30-minute lower-body workout emphasizing abdominal, gluteal and thigh work. Body bars, weights, resistance tubing and your own body weight may be used.

**Weight Training/Early Bird Weight Training**

A non-aerobic, strength session using the step, hand weights, body bars or resistance tubing. Works the entire body.

**Ride Strong**

Cycling drill followed by a strength training segment.

**Road Rally**

Feel your energy surge with this fun, high powered 45-minute cycling class including drills, hills and sprints.

**Tour de Fitness**

Feel the thrill of the race in this high-energy, 1-hour cycling class filled with sprints and hills like the Alps of France.

**DANCE!**

This class is for anyone who would like to learn to express themselves through rhythm and movement of various dance forms such as: jazz, ball room, Hip-Hop, etc.

**Group Fitness Classes are Free!**

# Satellite Facilities

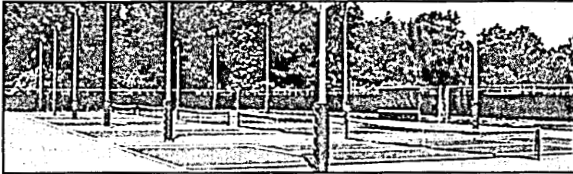
*These facilities are also managed by the Office of Intramural-Recreational Sports.*

*All areas are available for students!*

*Some facilities have limited hours and may require reservations.*



**Lake-on-the-Campus Beach** is open noon - 4 pm every day (except during inclement weather). It will close Monday, September 1 at 4pm. Rent canoes, paddleboats, and rowboats at the **Lake-on-the-Campus Boat Dock**. The Boat Dock is open from noon - 6pm every day. Rental for boats is only \$1 per hour and Wednesday is Free day! The Boat Dock will close on Friday, October 25. There are six picnic areas available. There is also a new **Frisbee Golf Course** located by the boat dock in addition to the Frisbee Golf Course located by the SRC.



The **Law School Tennis Courts** are located west of the Lesar Law School and feature 6 lighted courts. Check the hours of operation on page 19. Call 453-3020 to reserve a court.



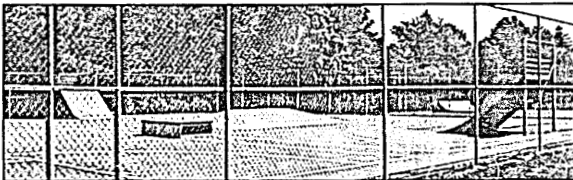
The three **Lighted Playfields** are located south of McAndrew Football Stadium on Route 51 and are used for flag football, softball, ultimate frisbee, and soccer. Check out Intramural Sports on the back page.



The **Pulliam Gym** is where the Intramural Floor Hockey League practices and plays (see the Intramural Sports Fall 2003 Schedule on page 20 for dates). **Pulliam Pool** is host to the Arthritis Foundation Aquatics Program (AFAP), Youth Swim Lessons (pg. 6) and morning and afternoon open swim times. These two facilities are used for a variety of capacities. Call 536-5531 for more information.



The **Sport Club Fields** are host to mens and womens rugby as well as ultimate frisbee and other events. Check out Sport Clubs on pages 10 and 11.



The **Skateboard Park** is located west of the Lesar Law School. It features 2 ramps, a fun box, grind rails, & a 3-foot half-pipe. Go to page 19 for hours of operation. Skateboarders and in-line skaters must wear elbow and knee pads and helmets. The Skateboard Park will close in mid-October and re-open in the spring.



The **Jean Stehr Field** is located behind Pulliam Hall along Mill Street and is used for baseball and soccer. Check out the International Soccer Cup tournament on page 8.



The **University Tennis Courts** are located south of McAndrew Stadium between Lincoln Drive and Route 51 and feature twelve tennis courts. The courts are also lighted for night time play. Check the hours of operation on page 19. Call 453-3020 to make court reservations.



The **Wall Street Roller Hockey Complex** is located on Wall Street just east of Brush Towers. Check out the Roller Hockey Club on page 11. The complex is also lighted for night games.



# Sports Medicine



### Fitness Assessment

Have you ever wondered just how physically fit you really are? To find out, make an appointment at the Sports Medicine Office for a personal fitness assessment. An assessment consists of several physical fitness tests designed to measure body fat, flexibility, strength, and endurance. Using the results from your test, the Sports Medicine staff can help you form an effective exercise program designed to help you reach your fitness goal.

### Stay Healthy and Fit with the Sports Medicine Office

Do you want to get in shape but don't know where to start? Maybe you have an activity related injury that you would like some advice on. Perhaps you would just like some

professional advice on healthy living. The Sports Medicine Office offers a wide variety of health, fitness, and wellness services. Injury evaluation and rehabilitation, fitness assessments, and answers to many of your nutrition, fitness, and strength-related questions are available.

### Injury Assessment

If you have an activity-related injury or think you may have injured yourself while exercising, come to the Sports Medicine Office for free advice on treatment. Anything from twisted ankles to bruises to pulled muscles can be easily handled by the capable staff. In conjunction with physicians at the SIUC Health Service, the Sports Medicine staff can aid in rehabilitation and recovery of activity related injuries. *Appointments are required.*

### Therapeutic Massage and Bodywork Services

Seated "Chair" Massage - Offered at the Sports Medicine Office is an excellent opportunity to relieve tension in neck, back and shoulder muscles. Clients remain fully clothed and no oils are used.

**Table Massage** - These massages are done on a specially-designed table in the Sports Medicine Office. A variety of massage techniques will be used. Generally 1-3 areas of the body can be treated in a 30 minute session or a 60- or 90-minute session is appropriate for either a full-body massage geared toward a client's problem areas. *For information on prices call 453-1263 or 453-1292.*

### Nutrition Services

Are you concerned about your dietary habits or interested in weight loss or weight gain? Contact the Sports Medicine Office or the Wellness Center for more information or to make an appointment.

### Eligibility

Students and currently employed university personnel are eligible for all services of the Sports Medicine Office. Participants who are not students or who are not employed university personnel, such as spouses, dependents, alumni, emeritus, and domestic partners will be eligible for most services offered by the Sports Medicine Office except injury evaluation, treatment, and rehabilitation.

### Availability

Regular semester hours for the Sports Medicine Office are: Monday through Friday 9:00 am - 6:00 pm (Hours may change during university breaks.)

### Other Important Numbers :

- Health Services: 453-3311
- Dial-a-Nurse: 536-5585
- Wellness Center: 536-4441
- Insurance: 453-4413
- Pharmacy: 453-4417
- Student Health Assessment Center: 453-5238

Call the Sports Medicine Office for more information or to schedule an appointment.

Sports Medicine Office  
Student Recreation Center  
Phone: 618-453-1292  
Fax: 618-453-1238



## Women's Programs

### Women's Swimming #124352

When: Saturdays, Sept. 13 - Dec. 6 (except Oct. 11, Nov. 22 & 29)

Times: 12:15 pm - 12:50 pm International women are encouraged to participate in this class for women only, ages 17 or older. Only female lifeguards will be present. The beginner-level class focuses on fundamental skills to increase comfort and confidence in the water. Advance registration fee required at the SRC Information Center.

Where: Pulliam Pool  
Prices: S/M/E = \$15  
U/C = \$20



### Women's Water Workout #123100

SECTION A  
Mondays, Sept. 8 - Nov. 10  
7:30 pm - 8:30 pm

SECTION B  
Thursdays, Sept. 11 - Nov. 13  
7:30 pm - 8:30 pm

This program is for women only. It allows women to workout in the presence of female staff and participants. Water fitness is a great way to cross-train, while being refreshed, and you don't have to know how to swim because participants' heads never go under water.

Where: Pulliam Pool  
Prices: S/M/E = \$15  
U/C = \$20

For more information, please call  
Kathy Hollister at  
453-1267.

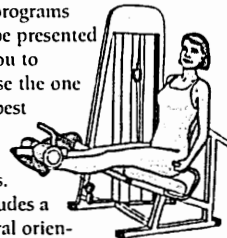
### Small Group Strength Training #111257

Learn to set realistic goals! A variety of training techniques and programs will be presented for you to choose the one that best fits your needs.

(Includes a general orientation about the use of Nautilus equipment)

For women only:  
Days/Times: Oct. 7 - Oct. 23  
Tuesdays & Thursdays,  
Noon - 1:00 pm

Instructor: Jenna Brunaugh  
Location: SRC Fitness Forum  
Prices:  
S/M/E=\$36 U/C=\$53\*  
Min: 4 Max: 6



### Wenlido #111509

Wenlido self defense is designed specifically for women and children and the types of attacks they may face. Each class involves hand-on practice of effective, easy to learn verbal and physical self defense techniques in a safe, fun, and supportive atmosphere.

Days/Times: Sept. 8- Dec. 1  
Mondays, 6:00 - 7:00 pm (except November 24)

Location: Dance Studio  
Instructor: Jennifer Heibert  
Prices:  
S/M/E=\$30 U/C=\$40\*  
Min: 10 Max: 16

For more information on Small Group Strength Training or Wenlido, please call Instructional Programs at 453-1263 or 453-1272.

S/M/E = SIUC Student/SRC Member/Emeritus  
U/C = SIU Affiliated/Community

\*Includes entry to Student Recreation Center

# Membership Info

## Join the Fun!!

### Membership Eligibility University Affiliated (UA)

- SIU Faculty, A/P Staff, Civil Service
- SIU Emeritus
- SIU Alumni
- Spouses and dependent children, 12 - 17 years old, of eligible members and students

### Application Procedures

Verification of eligibility is required when purchasing a membership pass. Acceptable forms of identification include a Driver's License or other picture I.D. AND one of the following items:

- SIU Faculty & Staff
- Current SIUC Faculty/Staff I.D
- Certificate of Appointment Card, Spouse Card or Domestic Partner Card
- SIU Emeritus
- SIU Emeritus I.D. card
- SIU spouses & dependents age 17 and under
- SIU Alumni
- SIU diploma, original or photocopy
- SIU grade transcript, original or photocopy, verifying completion of 60 undergraduate or 15 graduate hours
- SIU Alumni Association Card with the year of graduation on the card



SIU spouses/dependents age 17 and under

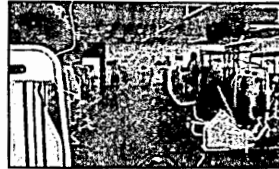
- Copy of affiliated spouses' credentials
- Dependents 17 and under must be accompanied by a parent when purchasing a membership. Dependents under 16 years of age are not allowed to sponsor guests into the Student Recreation Center.

### SRC Guest Passes

Guests must be accompanied by an eligible university affiliated patron (see above).

- \$4 Daily Guest fee
- \$2.50 Daily Dependent fee (16 and under) *Children under 12 are allowed in the SRC when accompanied by an adult*
- plus \$2 refundable deposit (the deposit will be refunded on the day of use only)

*University affiliated patrons may sponsor up to two guests in addition to their spouse and dependents. Sponsors are responsible*



*and liable for the actions of their guests while using the SRC.*

### Programs & Services

In addition to receiving numerous membership privileges, members are also eligible to participate in programs offered by the Office of Intramural-Recreational Sports.

### Family Policy for Members:

Spouses and dependents are eligible to use the SRC FREE every day when accompanied by a SRC member. The daily fee with deposit will be charged, if the member does not accompany.

### Check-in:

Present your membership card to the Information Center and leave a \$2 refundable entry card deposit per person (members may bring their children under the age of 12 into the building). However, parents must be recreating/interacting with the child during this time.

### Membership Privileges

- Guest sponsorship privileges.
- Free immediate family member access to the SRC.
- Reduced rates on youth programs, instructional programs, and Outdoor Adventure Trips.
- Free rec equipment checkout.
- Phone reservations for racquet ball, squash, and tennis courts.
- Canoeing, camping, and hiking equipment rental privileges from Base Camp.
- Locker and towel rental.
- Free use of SRC saunas & Pulliam Swimming Pool.
- Free use of Lake-on-the-Campus Beach (in season).
- Lake-on-the-Campus Boat Dock canoe, rowboat, sail boat rental privileges (in season).
- Use of tennis courts at 3 campus locations.
- Use of the Wall Street Roller Hockey Complex.
- Use of Skateboard Park.

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Membership - UA	\$8f	\$244
Locker Rentals		
Box Locker only	\$6	\$18
Box Locker w/ Regular Towel	\$26	\$78
Box Locker w/ Luxury Towel	\$36	\$108

Any questions, call 536-5531.

# Hours of Operation

Hours of Operation Fall Semester August 18 - December 12, 2003  
Lockers expire Friday, January 2, 2004. Please renew before this date.

### Student Recreation Center General Building Hours:

(536-5531)  
Mon. - Fri. 5:30 am - 10:00 pm  
Ltd. Service 5:30 am - 7:30 am  
During Limited Service hours, the Information Center will not be open. You will not be able to purchase guest passes, register for programs, or rectify ID problems.  
Sat. & Sun. 10 am - 10 pm

### Family Hours:

Students General Bldg. Hrs.  
Members General Bldg. Hrs.  
In order for spouses or dependents to receive the family hour rate, they must be accompanied by an eligible student or SRC member.

### Facility Areas:

The following areas will be closed to the general public during the times indicated.

Weight Room or Fitness Forum

Mon. - Fri. 8:00 am - 11:00 am

Racquetball Courts 1-8

Tues. - Fri. 8:00 am - 9:30 am

Racquetball/squash/tennis/wallyball reservations by phone or in person beginning at 7:30 am, Mon. - Fri., at 10:00 am on Sat. and Sun., and 5:30 pm daily. Please call 453-3020.

### Adventure Resource Center:

(453-1285)

Monday, Tuesday, Thursday, and Friday 3:00 pm - 6:00 pm or by appointment.

### Base Camp (453-1287):

Mon./Tues./Thur. 3 pm - 6 pm  
Wednesday CLOSED  
Friday 3:00 pm - 6:00 pm  
Saturday 10:00 am - 4:00 pm  
Sunday 3:00 pm - 8:00 pm

### Climbing Wall (453-1285):

Mon. & Wed. 7 pm - 9 pm

Tues. & Thur. 6 pm - 8 pm

### Sports Medicine (453-1292):

Mon. - Fri. 9:00 am - 6:00 pm

### SRC Pool (453-1291):

For information call 536-5531.

Mon. - Fri. 7:30 am - 9:30 am

11:00 am - 2:00 pm

5:00 pm - 9:00 pm

Saturday Noon - 9:00 pm

Sunday Noon - 8:00 pm

Long Course - Mon./Wed./Fri.

7:30 am - 9:30 am

### Lake-on-the-Campus:

Boat Dock (453-2076)

Daily: Noon - 6:00 pm

(Closes October 24, 2003)

Campus Beach (453-2722)

Daily: Noon - 4:00 pm

(Closes September 1, 2003)

### Law School Activity Area

(Tennis):

No reservations accepted -- courts available on first come, first serve basis. Courts will be lit until 10:00 pm daily unless the weather is inclement.

### Skateboard Park (536-5531):

Behind Law School Tennis Courts

Mon. - Fri. 4:00 pm - Dusk

Sat. and Sun. 1 pm - 5 pm

### Pulliam Pool (453-2885):

Early Bird - Monday through

Friday 6:30 am - 7:45 am

Noon Hour - Monday through

Friday Noon - 1:00 pm

(Subject to change)

### University Tennis Courts

(453-5246):

Reservations required; call

453-3020.

Mon. - Sun. 6 pm - 10 pm

(Closes October 19, no lights, no attendants, no reservations)